

Grilled, Salad

Grilled Corn, Poblano, and Black Bean Salad

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Servings: 6

Start to Finish Time: 40 minutes

2 ears corn, shucked
2 tablespoons extra-virgin olive oil, divided
4 green onions
1 avocado, peeled, halved and pitted
1 large red bell pepper
1 large poblano chile
cooking spray
1/2 cup fresh cilantro, chopped
3 tablespoons fresh lime juice
1 teaspoon ground cumin
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 can (15 ounce) no-salt-added black beans, rinsed and drained

Preheat the grill to high heat.

Brush the corn with two tablespoons of oil.

Place the green onions, avocado, bell pepper, poblano and corn on a grill rack coated with cooking spray.

Grill the onions for 2 minutes on each side or until lightly browned.

Grill the avocado for 2 minutes on each side or until well marked.

Grill the bell pepper for 6 minutes on each side or until blackened. Peel.

Grill the Poblano for 9 minutes on each side or until blackened. Peel.

Grill the corn for 12 minutes or until beginning to brown on all sides, turning occasionally.

Cut the kernels from the ears of corn; place in a large bowl.

Chop the onion, bell pepper and poblano. Add to the bowl.

Add the remaining four teaspoons of oil, cilantro, lime juice, cumin, salt, black pepper and beans to the bowl. Toss well.

Cut the avocado into thin slices; place on the top of the salad.

Per Serving (excluding unknown items): 132 Calories; 10g Fat (63.2% calories from fat); 2g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 100mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat.