

# Corn, Tomato, and Basil Salad

Active Time: 14 Mins. Total Time: 44 Mins  
Yield: Serves 8 (serving size: about 3/4 cup)

## Ingredients

- 2 large ripe heirloom tomatoes, cored and cut into 1-in. dice, or 1 diced heirloom tomato
- 1 cup halved cherry tomatoes
- 1/2 teaspoon kosher salt
- 1/3 cup extra-virgin olive oil
- 1 tablespoon minced flat-leaf parsley
- 3 tablespoons red wine vinegar
- 1 tablespoon grainy mustard
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon white miso
- 1 medium shallot, peeled and minced
- 2 cups fresh yellow and white corn kernels
- 1/4 cup shaved Parmigiano-Reggiano (about 1 oz.)
- 2 tablespoons coarsely chopped fresh flat-leaf parsley
- 12 fresh basil leaves, torn into small pieces



*From Cooking Light*

“While corn and tomatoes are at their peak later in the summer, you can enjoy this simple salad all season long. White miso--the kind that's lowest in sodium--adds a powerful umami punch to the mix, enhancing the meaty flavor that tomatoes and Parmigiano Reggiano cheese provide. Salting the tomatoes and letting them stand draws out their juices so they'll meld with the dressing when you combine all the components.”

## Directions

1. Place tomatoes in a large bowl. Sprinkle with salt; let stand 30 minutes at room temperature.
2. Combine oil and next 6 ingredients (through shallot) in a pint jar. Seal jar; shake 30 seconds or until blended.
3. Add vinaigrette, corn, cheese, chopped parsley, and basil to tomatoes. Toss gently to combine; serve immediately.

Recipe adapted from <http://www.cookinglight.com/recipes/corn-tomato-basil-salad>

Get more recipes at

[uhs.berkeley.edu/studentnutrition](http://uhs.berkeley.edu/studentnutrition)

**Berkeley**

