



Partnering for a healthy community



GRILLED ZUCCHINI SALAD WITH CORN AND WHITE BEANS

Ingredients:

- 1 can Cannellini beans
- ½ tbsp chopped fresh rosemary
- 1 tbsp extra virgin olive oil
- ½ lemon, zested and juiced
- 1 clove garlic, minced
- ½ tsp honey
- 1 medium zucchini, halved lengthwise
- 1 ear corn, husks and silks removed
- ½ tbsp olive oil
- ½ tsp salt
- ½ tsp pepper
- ¼ c torn basil leaves
- 1 tbsp chopped pecans (optional)
- 1 tbsp shaved pecorino cheese

Equipment:

Grill or grill pan, Tongs, Cutting Board, Chopping Knife, Measuring Spoons, Zester

Instructions:

1. Heat a grill over medium to medium-high heat. If using a charcoal grill, aim for 350-375*. (We used a grill pan)
2. Toss the Cannellini beans with the fresh rosemary.
3. Whisk together the extra virgin olive oil, lemon juice, lemon zest, garlic, and honey. Pour the lemon dressing over the beans and toss to combine. Set aside to marinate at room temperature for up to 30 minutes while you grill the zucchini and corn.
4. Brush the zucchini halves and corn with olive oil, then sprinkle with salt and pepper.
5. Place the zucchini cut side down on the grill, and place the whole corn cobs directly on the grill. Grill the zucchini 5-6 minutes, or until charred, then flip and grill an additional 5-6 minutes. Grill the corn a total of 18-20 minutes, or until charred on all sides, rotating a quarter of a turn every 4-5 minutes. Remove the zucchini and corn from the grill as they finish and set aside on a plate until cool enough to handle.
6. Dice the zucchini, then slice the corn from the cobs. Add the grilled vegetables to the marinated white beans, then add the basil and chopped pecans and toss.
7. Plate your salad and garnish with pecorino cheese to taste. This salad keeps in the fridge without the cheese garnish for up to three days in a tightly sealed container and can be served cold or room temperature.

Nutrition Information (For 2 servings) Calories: 154 Carbohydrates: 18g Protein: 8g Fat: 9g