

Tomato, Peach, and Corn Salad

Nutritional Highlights

- Peaches are naturally low in calories and contain a variety of vitamins and minerals. Try grilling halved peaches for a delicious and healthy summer dessert!
- Corn is a whole grain that can be incorporated into a healthy Mediterranean lifestyle.

Ingredients

- 2 beefsteak tomatoes, cut into wedges
- 1 peach, large dice
- 2 ears fresh corn
- ½ cup feta cheese, crumbled
- 1 tsp black pepper
- Kosher salt, to taste
- Dressing:
 - ½ cup olive oil
 - 1/3 cup white balsamic vinegar
 - 2 Tbsp honey
 - 2 tsp minced red onion or shallot
 - ¼ tsp kosher salt
 - ¼ tsp black pepper

Directions

- Place corn in a microwave-safe dish. Add ¼ cup water, cover dish, and microwave for 2 minutes. When cool, cut corn off the cob and set aside.
- Combine all dressing ingredients in a jar with a tight lid. Shake to mix and set aside.
- Combine tomato wedges with 1 diced peach and 1 cup of fresh corn kernels in a medium bowl.
- Sprinkle with kosher salt. Drizzle with ¼ cup of prepared dressing. Toss to coat and transfer to large serving platter.
- Top with feta cheese, sprinkle with fresh ground black pepper, and serve.