VitaMin

Vital health information in a minute

GRILLED CORN, CHICKEN AND BELL PEPPER SALAD

Yield: Serves 4 (serving size: about 1 cup)
Total time: 40 minutes

Ingredients

- 4 ears fresh sweet corn, shucked
- 1 red bell pepper, halved and seeded
- 1 yellow bell pepper, halved and seeded
- 2 (1/2-inch) onion slices
- 1/4 cup diced jalapeño pepper
- 1 tablespoon finely chopped chives
- 3 tablespoons heavy cream
- 1 teaspoon chopped oregano
- 2 teaspoons sherry vinegar
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 2 garlic cloves, minced
- 6 ounces shredded skinless rotisserie chicken (dark and white meat)

Preparation

1. Heat a grill or grill pan over medium-high heat.
2. Place corn on grill rack; grill 20 minutes or until here-and-there charred, turning occasionally. Place in a large bowl; cover with foil. Leave in a warm location 10 minutes.
3. Place peppers on grill rack, and grill 4 minutes on each side; cut into 1-inch pieces.
4. Grill onion slices 3 minutes on each side; chop.
5. Cut corn kernels off cobs, encouraging clusters to stay intact, if possible.
6. Combine onion, jalapeño, chives, heavy cream, oregano, sherry vinegar, black pepper, salt and garlic in a large bowl. Add peppers and corn; toss gently to coat. Gently fold in chicken. Serve warm.

Nutritional information

Amount per serving

- Calories: 233

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