



**Sustainable Solano**  
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

## **Grilled Corn, Green Bean & Tomato Salad**

4 ears sweet corn, husked  
About 1-2 T. cooking oil (olive oil / avocado / canola)  
1 lb. green beans, trimmed  
1 pint cherry tomatoes, halved (or equivalent larger tomatoes, sliced/chopped)  
Salt & Pepper, to taste  
1 small bunch cilantro, leaves roughly chopped (reserve some for the dressing)

Brush ears of corn lightly with the oil and season with salt and pepper. Grill corn over medium-high heat, turning frequently, until some kernels are turning a medium brown. Cool and cut corn from the cobs. Transfer to a large mixing bowl.

Blanch the green beans in boiling, salted water, then shock them in ice water. Cut in half, if desired. Add beans to the bowl with the corn. Add halved cherry tomatoes. Set aside.

### **Creamy Cilantro-Buttermilk Dressing**

1 cup well-shaken buttermilk  
½ cup mayonnaise  
2 T. olive oil  
1 T. lime juice  
1 garlic clove, minced  
1 small jalapeno pepper, seeded and minced  
1 to 2 T. chopped cilantro + more as needed / for garnish  
Kosher salt & black pepper, to taste

For dressing: Blend all ingredients in a blender until smooth. Keeps 1 week in the refrigerator, in a sealed container. (Makes about 1 ¾ cups – you'll have a little more than you need.)

Gently toss some of the buttermilk dressing with the corn-bean mixture. Add more as needed. Stir in additional chopped cilantro to taste. Adjust seasonings with salt and pepper, and serve.

Serves 6 as an appetizer or side dish.

**Buy local! Get produce for this recipe from small Solano County farms.**  
Visit <http://sustainablesolano.org/local-food/> for resources and information.