



Elliott Evans Nutrition, LLC
Prevent and Protect
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GRILLED CORN-AND-BUTTER BEAN SALAD

MAKES 8-10 SERVINGS

- 1 (16-oz) package frozen butter beans
- 4 ears fresh corn, husks removed
- 1 large red onion, cut into thick slices
- 1 large red bell pepper, cut into thick rings
- $\frac{3}{4}$ cup mayonnaise
- 3 tablespoons chopped fresh basil
- 1 garlic clove, pressed
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- $\frac{1}{2}$ teaspoon freshly ground pepper
- 1 cup halved grape tomatoes

- Cook butter beans according to package directions; drain and cool completely (about 20 minutes)
- Meanwhile, preheat grill to 350-400 degrees (medium-high) heat. Grill corn, covered with grill lid, 15 minutes or until done, turning every 4-5 minutes. (Some kernels will begin to char and pop). At the same time, grill onion and bell pepper, cover with grill lid, 5 minutes on each side or until tender.
- Cool all vegetables completely (about 20 minutes).
- Cut kernels from cobs. Discard cobs. Chop onion and bell pepper into $\frac{1}{2}$ -inch pieces.
- Stir together mayonnaise and next 5 ingredients. Stir in tomatoes, corn kernels, and onion and pepper pieces. Add salt to taste. Cover and chill 2 to 8 hours before serving.
- Store in refrigerator up to 3 days.