K’s Kitchen: Tomato, corn, basil salad

By Kathryn Reed

With farmers’ markets getting ready to call it a season in the Lake Tahoe area and summer produce soon to be thing of the past, this recipe needs to be made soon.

While the ingredients can be found year-round, I try not to buy tomatoes out of season. They don’t have any flavor.

This is a great salad to serve with a variety of main courses. It would also be a good one to take to a pot luck.



Corn, Tomato, Basil Salad

2 large heirloom tomatoes, diced

½ tsp kosher salt

1/3 C extra virgin olive oil

1 T flat leaf parsley, chopped

3 T red wine vinegar

1 T grainy mustard

1 T sodium soy sauce

1 T white miso

1 medium shallot, minced

2 C corn kernels

¼ C shaved Parmigiano-Reggiano

2 T flat leaf parsley, chopped

12 fresh basil leaves, torn into small pieces

Put tomatoes in a large bowl. Sprinkle with salt; let stand.

Combine oil and next six ingredients (through shallot) in a pint jar. Shake until blended.

Add the remaining ingredients to tomatoes. Pour vinaigrette over mixture. Toss and serve.