

# Cornmeal-Crusted Chicken With Toasted Corn Salsa

Gourmet | September 1996

Can be prepared in 45 minutes or less.

Serves 2.

## For salsa

3 tablespoons extra-virgin olive oil

2 tablespoons fresh lime juice (from about 1 lime)

1 garlic clove, minced and mashed to a paste with a pinch of salt

2 cups fresh corn (cut from about 4 ears)

1/4 cup packed fresh coriander sprigs, washed well, spun dry, and chopped fine

1 cup diced peeled mango

1 cup diced drained bottled pickled beets

1/4 cup finely chopped scallions

**For chicken** 1 whole skinless boneless chicken breast (about 3/4 pound), halved 1/4 cup yellow cornmeal 1/4 teaspoon paprika 1/4 teaspoon cayenne 2 teaspoons unsalted butter

## Make salsa:

In a bowl whisk together 2 tablespoons oil, lime juice, garlic paste, and salt and pepper to taste. In a non-stick skillet heat remaining tablespoon oil over moderately high heat until hot but not smoking and sauté corn, stirring, until deep golden, about 4 minutes. Add corn and remaining salsa ingredients to bowl and toss to combine well. (Beets may bleed slightly, coloring other ingredients.)

**Make chicken:** Pat chicken dry and season with salt and pepper.

On a plate stir together cornmeal, paprika, and cayenne and press chicken into mixture, coating both sides. In skillet heat butter over moderately high heat until foam subsides and sauté chicken until golden and cooked through, about 5 minutes on each side.

Serve chicken with salsa.

On a plate stir together cornmeal, paprika, and cayenne and press chicken into mixture, coating both sides. In skillet heat butter over moderately high heat until foam subsides and sauté chicken until golden and cooked through, about 5 minutes on each side.

Serve chicken with salsa.

## Couscous With Leeks, Corn, And Olives

Bon Appétit | July 2001

Makes 6 servings.

3 tablespoons olive oil  
2 medium leeks (white and pale green parts only), chopped  
1 cup fresh corn kernels (from about 2 ears of corn)  
1 cup water  
1 cup dry white wine  
1 cup canned low-salt chicken broth  
2 teaspoons chopped fresh thyme  
1 10-ounce package couscous  
1 cup pitted Kalamata olives or other brine-cured black olives (about 4 ounces), coarsely chopped  
3 tablespoons fresh lemon juice

Heat oil in heavy medium saucepan over medium heat. Add leeks and corn and sauté until vegetables are soft, about 3 minutes. Add 1 cup water, wine, broth, and thyme; bring mixture to boil. Remove pan from heat and mix in couscous. Cover and let stand 5 minutes. Using fork, fluff couscous. Mix in olives and lemon juice. Season to taste with salt and pepper. Serve warm or at room temperature.

## Curried Quinoa Salad With Mango

Bon Appétit | August 2005

Quinoa has more protein than any other grain; it's delicious in this summer salad.

Makes 2 servings.

### Every-Night Cooking

1 cup quinoa (about 6 ounces)  
1/4 cup canola oil 2 tablespoons white wine vinegar 1 tablespoon mango chutney, chopped if chunky  
1 1/2 teaspoons curry powder 1/4 teaspoon dry mustard  
1 cup chopped peeled mango plus mango spears for garnish  
1 cup chopped unpeeled English hothouse cucumber  
5 tablespoons chopped green onions, divided  
2 cups (packed) baby spinach

Cook quinoa in medium pot of boiling salted water over medium heat until tender but still firm to bite, stirring occasionally, about 12 minutes. Drain well; cool. Transfer to medium bowl. Meanwhile, whisk oil and next 4 ingredients in small bowl to blend. Season dressing to taste with salt and pepper.

Add chopped mango, cucumber, 4 tablespoons green onions, and 1/4 cup dressing to quinoa; toss to coat. Divide spinach between 2 plates. Spoon quinoa salad over spinach. Garnish with mango spears and 1 tablespoon green onions. Drizzle with remaining dressing; serve.

**To chop a mango:** Cut mango in half lengthwise, slicing around the pit.

Cut a half-inch grid into flesh of each half.

# Cantaloupe Salad With Lime, Mint, And Ginger

Bon Appétit | July 2006

Charlotte Fekete of Athens, Georgia writes: "I'm a junior in college, and I'm planning to go to cooking school after graduation. I've already had some experience decorating cakes and working for a caterer, but it was my mom who taught me how to cook. I've also learned a lot from reading magazines and cookbooks." Serve on its own for breakfast or with a scoop of sorbet or ice cream for dessert.

Makes 4 to 6 servings.

Charlotte Fekete

1 cantaloupe, halved, seeded, peeled  
3 tablespoons fresh lime juice  
3 tablespoons chopped fresh mint  
2 teaspoons grated lime peel  
2 tablespoons sugar  
2 1/2 teaspoons grated peeled fresh ginger  
2 teaspoons honey

Cut cantaloupe into 3/4- to 1-inch cubes (about 5 cups) and place in large bowl. Add lime juice, mint, and lime peel; toss to blend. Mix in sugar, ginger, and honey. Refrigerate salad until ready to serve, stirring occasionally, up to 3 hours.

# Zucchini, Tomato, And Corn Salad

Gourmet | August 2002

Active time: 30 min Start to finish: 1 hr

Makes 4 servings.

Gourmet Entertains

1 1/2 lb medium zucchini  
1 1/4 teaspoons salt  
1 cup fresh corn kernels (cut from 2 ears)  
2 tablespoons fresh lemon juice  
1/2 teaspoon sugar  
1/4 teaspoon black pepper  
1/4 cup extra-virgin olive oil  
8 oz grape or cherry tomatoes, halved lengthwise (2 cups)  
1/4 cup thinly sliced fresh basil  
Special equipment: an adjustable-blade slicer with julienne cutter or a julienne peeler

Working with 1 zucchini at a time, cut lengthwise into very thin (julienne) strips with slicer, turning zucchini and avoiding core. Discard core.

Toss zucchini strips with 1 teaspoon salt and let drain in a colander set over a bowl, covered and chilled, 1 hour.

Gently squeeze handfuls of zucchini to remove excess water and pat dry with paper towels.

Cook corn in a small saucepan of boiling water until tender, about 3 minutes. Drain, then rinse under cold water and pat dry.

Whisk together lemon juice, sugar, pepper, and remaining 1/4 teaspoon salt in a large bowl, then add oil in a slow stream, whisking. Add zucchini, corn, tomatoes, and basil and toss well.

