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STEAMED COUSCOUS AND CORN SALAD WITH HEIRLOOM TOMATOES AND BASIL

STEAMING

Couscous is a quick cooking grain that blends well with vegetables for this light salad or side dish. The combination of fresh corn, heirloom tomatoes and fresh basil is a divine celebration of summer's bounty. While the couscous and corn are steaming mix the dressing and chop the tomatoes, for an easy delicious meal.

Salad

½ cup whole wheat couscous

½ cup of water

¼ tsp, Kosher salt

1 tablespoon olive oil

3 - 4 ears fresh corn, husk removed and kernels scraped from the cob

2 large heirloom tomatoes, cut into ½" dice

1 large handful fresh basil leaves, chopped or torn into small pieces

Dressing

¼ cup lemon juice

¼ cup olive oil

1 tbsp honey

½ tsp sea salt

Dash of freshly ground pepper



Preparation

Heat the Combi Steam oven in the Steam Mode 212 ° F to cook the couscous and corn.

Combine the couscous, water, salt and olive oil in a small oven casserole, place in the oven and cook for 12 - 15 minutes until the water is absorbed and the couscous is dry and fluffy.

Place the corn kernels in a small perforated pan and cook in the Steam mode for 7 minutes.

While the couscous and corn are cooking, whisk the salad ingredients together in a measuring cup and set aside. Combine the cooked couscous and corn in a medium bowl and stir in the dressing. Combine gently with 2 forks, then stir in the tomatoes and basil. Allow the salad to sit for 30 minutes to an hour before serving.

Variations: Add, ½ diced cucumber or 1 medium firm avocado diced.

WRITE YOUR NOTES: