

CRAB, CORN, AND TOMATO SALAD WITH LEMON-BASIL DRESSING

February 10, 2010

The tart dressing contrasts with the sweet corn, tomatoes, and crab. Serve with a lemon wedge, if desired. Pair it with cucumber soup or grilled sandwich.

1 tablespoon grated lemon rind
5 tablespoons fresh lemon juice, divided
1 tablespoon extravirgin olive oil
1 teaspoon honey
½ teaspoon Dijon mustard
¼ teaspoon salt
⅛ teaspoon freshly ground black pepper
1 cup fresh corn kernals (about 2 ears)
¼ cup thinly sliced basil leaves
¼ cup chopped red bell pepper
2 tablespoons finely chopped red onion
1 pound lump crabmeat, shell pieces removed
8 (¼-inch-thick) slices ripe beefsteak tomato
2 cups cherry tmoatoes, halved

1. Combine rind, 3 tablespoons juice, and next 5 ingredients (though black pepper) in a large bowl, stirring well with a whisk. Reserve 1 ½ tablespoons juice mixture. Add remaining 2 tablespoons juice, corn, and next 4 ingredients (through crab) to remaining juice mixture; toss gently to coat.
2. Arrange 2 tomato slices and ½ cup cherry tomatoes on each of 4 plates. Drizzle about 1 teaspoon reserved juice mixture over each serving. Top each serving with 1 cup corn and crab mixture.

Yield: 4 servings

Nutrition Information

Calories 242 (21% from fat); Fat 5.6g (Sat 0.6g, Mono 2.7g, Poly 0.7g); Iron 1.8mg; Cholesterol 128mg; Calcium 1mg; Carbohydrate 17.7g; Sodium 613mg; Protein 30g; Fiber 3.6g.

Cooking Light, June 2008



CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

Providing guidance and support to make the “healthy choice the easy choice.”

Mary Beth Gurganus, LD/N
Jackson County Health Department
3045 4th Street ~P O Box 310
Marianna, FL 32446

Phone: 850-526-2412 ext 282
Fax: 850-482-9564
E-mail: WellnessBuddy@doh.state.fl.us
Website: www.jacksonchd.org

