



WEEKDAYS 1e|12p|c



Daphne Oz's Grilled Cantaloupe and Vegetable Salad

skill level	time	servings	cost
easy	60-120min	4	\$

Contributed by: [Daphne Oz](#), from her book [Relish](#)

Grilled Cantaloupe and Vegetable Salad Recipe: A stranger to the grill, cantaloupe shines when torched with the flame. Serve in a summer salad or topped with ice cream for a sweet treat.

ingredients

2 ears Sweet Summer Corn (in their husks)
Olive Oil for the grill or grill pan
2 medium Zucchini (sliced lengthwise into 1/2-inch strips)
1 bunch of Asparagus (woody ends removed)
1 medium Cantaloupe (halved; seeded; skin removed and cut into 1-inch-thick wedges)
1 head of Romaine Lettuce (finely chopped)
3 Persian Cucumbers (sliced into 1/4-inch rounds)
1 Avocado (pitted; peeled and cut into 1/2-inch dice)
1 cup Cherry Tomatoes (halved)
12 fresh Basil Leaves (shredded)
1/2 cup Red Wine-Shallot Vinaigrette
Lemon wedges for serving

kitchenware

- Grill
- Grilling Fork
- Liquid Measuring Cup
- Measuring Cup (set)
- Measuring Spoons
- Chef's Knife
- Cutting Board

steps	ingredients per step	instructions
1	2 ears Sweet Summer Corn (in their husks)	Soak the corn (in husks) in cold water for 30 minutes.
2	Olive Oil for the grill or grill pan	Prepare a gas or charcoal grill to medium-hot, or heat a stovetop cast-iron grill pan to medium-high. Brush the grill lightly with oil (and apply again before grilling new items).
3		Husk the corn, discarding the corn silk and husks. Grill the corn, rotating in quarter turns for 20 to 30 minutes until all the kernels are cooked and tender and some have blackened and charred.
4	2 medium Zucchini (sliced lengthwise into 1/2-inch strips) 1 bunch of Asparagus (woody ends removed) 1 medium Cantaloupe (halved; seeded; skin removed and cut into 1-inch-thick wedges)	Grill the zucchini until tender, about 5 minutes per side. Grill the asparagus until tender, about 8 minutes. Grill the cantaloupe on each side until heated through and grill marks develop, 2 to 3 minutes per side. Chop the zucchini, asparagus, and melon into bite-sized pieces, and cut the corn kernels from the cob.
5	1 head of Romaine Lettuce (finely chopped) 3 Persian Cucumbers (sliced into 1/4-inch rounds) 1 Avocado (pitted; peeled and cut into 1/2-inch dice) 1 cup Cherry Tomatoes (halved) 12 fresh Basil Leaves (shredded) 1/2 cup Red Wine-Shallot Vinaigrette Lemon wedges for serving	Lay a bed of lettuce on each serving plate and top with the grilled items and the cucumbers, avocado, and tomatoes. Tear fresh basil over the top. Drizzle with the vinaigrette (about 2 tablespoons per serving). Serve the salad with fresh lemon wedges. <u>Helpful Tips:</u> 1. Soak corn in water for 20 to 30 minutes in the husk. It helps to infuse moisture into the kernels so that they steam while cooking and remain moist. 2. Season with pepper at the end because the high heat of grilling may cause pepper to burn, resulting in a bitter taste. 3. Make your own dressing to avoid extra sugar that typically hides in store-bought dressings.