

# Chimichurri Corn from Chef Mat Shalenko

Difficulty level-easy Price-cheap

## RECIPE

Prep time:

10 minutes

Cooking time:

10 minutes

Yields:

4 people

Ingredients:



4 ears of fresh corn

1 bunch parsley

1 bunch cilantro

3 tablespoons capers

2 garlic cloves

1 tablespoon red wine vinegar

1 tablespoon lemon juice

1 1/2 teaspoons salt

1/2 teaspoon red pepper flakes

1/2 teaspoon ground black pepper

1/2 cup olive oil

Directions:

Cut corn off the cob into a large bowl. Combine all other ingredients in a blender and blend. Toss with corn. Broil corn 7-10 minutes being careful not to burn it but allow it to get some color.

Check out Chef Mat's website for another recipe that includes fresh summer fruit:

<http://www.junehealthandwellness.com>

More recipes: <http://louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes>