

Grilled Zucchini and Corn Salad

The following recipe was created in collaboration with Lauren Schulte. To see more of her bites and meals, visit her Instagram [@TheBiteSizePantry](#).

Ingredients

For the Salad

- 1 packet of pre-sliced zucchini and yellow squash rounds
- 4-5 ears of fresh corn
- Olive oil or cooking spray
- ½ cup feta cheese crumbles
- Millcreek dill, for garnish
- Salt and pepper

For the Boiled and Baked Potatoes

- 2 cup of baby Yukon potatoes, sliced in half
- ¼ tsp. baking soda
- 1 Tbsp. olive oil
- ½ Tbsp. fresh Millcreek dill
- ½ Tbsp. fresh Millcreek rosemary
- ½ Tbsp. garlic powder
- Salt and pepper

For the Avocado Spread

- ½ cup Greek yogurt
- 1 cup cilantro, leaves and stems
- Juice of ½ a lemon
- 1 large avocado
- Salt and pepper



Ingredients

For the Grilled Vegetables

1. Preheat your grill to 375°F. Spritz your veggies with olive oil spray. Also spritz your grill grates to keep the vegetable from sticking.
2. Grill the zucchini and squash with hood up so that the vegetables don't steam and become mushy. The zucchini and squash will only take 3 minutes per side to get those nice grill marks.
3. Once the veggies are done, place them on a plate or platter and set aside. Add your corn to the grill and close the hood. Let the corn cook for about 4-5 minutes per side. When your corn is done, place on the platter with your zucchini and squash and let it cool.
4. Once the corn is cool, run a sharp knife down the sides to slice off the kernels. Some will slice off individually and some will come off in chunks. The variation makes for a nice presentation in the salad.

For the Boiled and Baked Potatoes

1. Preheat your oven to 450°F. While your oven is preheating, bring a pot of water to boil. Slice the potatoes in half and place them in a large mixing bowl.

2. When your water is boiling, add a generous amount of salt and ¼ tsp. of baking soda, then add your potatoes. Let the potatoes cook for about 10-12 minutes or until fork tender.
3. Drain the potatoes and place back in the mixing bowl along with 1 Tbsp. of olive oil and the fresh herbs. Toss to coat and place them on a foil-lined baking sheet and bake at 450°F for 10 minutes. Flip and bake for another 10 minutes.

For the Avocado Spread

1. In a food processor or high-powered blender, place avocado, cilantro, ½ cup Greek yogurt and lemon juice. Blend until smooth.

To Assemble

1. Spread a couple Tbsp. of the avocado spread on a plate or serving platter.
2. Layer the zucchini and squash rounds down the middle of the serving plate.
3. On one side of the squash add your grilled corn and on the other side, add your potatoes.
4. Toss it all together or leave it as separate layers. Sprinkle with feta cheese and more fresh dill.

Note: You can also add this salad to corn tortillas and have yourself a killer veggie taco night.