

Street Corn & Lentil Love Bowl



Sweet, lightly charred corn meets earthy lentils, nutty quinoa, crisp vegetables, and creamy green chile dressing - a colorful bowl with crunch in every bite.

YIELD 4 entrée bowls or 6 sides

PREP TIME 25 minutes

Cook: about 20 minutes; 30-35 minutes if grilling. Chill dressing: at least 1 hour. Plan ahead: use cooked lentils and quinoa.

Before You Begin

Make [Creamy Cilantro Dressing](#) first, or a day ahead; see Sauces & Accompaniments. Use cooked, well-drained lentils and quinoa. Set out a 12-inch skillet, large mixing bowl, knife, cutting board, measuring tools, spatula and covered containers. For grilled corn, add a grill and basting brush.

Ingredients

1-2 tablespoons canola or vegetable oil

2 cups corn kernels, fresh, frozen or grilled (see Method)

For grilled corn: 1-2 tablespoons melted butter, for brushing

1 garlic clove, minced

1 teaspoon Mexican spice blend

Juice of 1 lime, plus more to taste

1 cup cooked French green lentils, firm and well drained

1 cup cooked quinoa

2 cups shredded red and green cabbage

½ red onion, thinly sliced

1 yellow bell pepper, small dice (¼ inch)

Salt, to taste

[Creamy Cilantro Dressing](#): start with ¼ cup; add more to lightly coat

To finish: toasted pepitas, fried tortilla strips, green onions and Tajín; optional Cotija and cilantro

Method

1. Prepare the dressing. Make [Creamy Cilantro Dressing](#) and chill at least 1 hour. Use only enough to lightly coat the bowl; refrigerate the extra.

2. Grill the corn, if using ears. Heat grill to 350°F. Husk corn, remove silk and brush with melted butter. Grill, turning regularly, until tender and lightly browned, 15-20 minutes. Cool; cut off and measure 2 cups kernels. In the skillet, heat 1 tablespoon oil; stir garlic and spice blend 30 seconds. Fold in corn; remove from heat. Add lime and salt.

3. Or cook kernels in the skillet. Heat 1-2 tablespoons oil over medium-high heat. Cook corn 3-5 minutes, stirring, until hot and browned in spots; frozen corn may take longer as moisture evaporates. Add garlic and spice blend; stir 30 seconds until fragrant. Remove from heat; add lime and salt.

4. Toss and serve. Combine lentils, quinoa, cabbage, red onion and bell pepper. Fold in warm corn and ¼ cup dressing; add more by spoonfuls to lightly coat. Adjust lime, salt or Tajín. Divide among bowls; add the listed toppings just before serving. Offer extra dressing alongside.

Technique & Craft

Small details. Better cooking.

Serving and Storage

- Make the dressing first, or a day ahead. Keep dressing, bowl components and crisp toppings separate until serving. Refrigerate perishables within 2 hours (1 hour above 90°F), at 40°F / 4°C or below.
- Use the bowl and dressing within 3-4 days, or sooner if the cooked grains are already older. Enjoy dressed leftovers within 1-2 days for best texture. Do not freeze the dressing.

Chef Steven's Notes

- Use firm lentils and fluffy quinoa; drain both well so the dressing stays creamy. If starting from dry, cook separately according to the package and measure the cooked amounts.
- Toast the serving pepitas in a dry skillet over medium heat, stirring for 3-5 minutes until lightly golden and nutty-smelling. Transfer to a plate immediately; they keep cooking in the skillet.
- Keep the crunch: add tortilla strips and pepitas just before serving.
- Cooking times are approximate. Ovens and equipment vary; check early and follow the recipe's doneness cues and any specified internal temperatures.

Culinary Vocabulary

Pepitas - Shelled pumpkin seeds, used for crunch and a nutty flavor.

Small dice - Uniform cubes about ¼ inch on each side, unless the recipe specifies otherwise. See the vegetable-cuts guide.

Toast - Heat an ingredient until fragrant and lightly colored; move it out of the hot pan to stop cooking.

At the Table

Global Selection

Aveleda Loureiro-Alvarinho 2023 - Vinho Verde, Portugal. Freshness and soft floral character suit the cilantro and roasted chile; its light acidity refreshes the creamy dressing.

United States Selection

L'Ecole No. 41 Old Vines Chenin Blanc 2023 - Yakima Valley, Washington. Tangerine, stone-fruit and floral notes complement sweet corn, while the lively finish lifts the pepita-rich dressing.

On the Record Player

"Dancing in the Moonlight" - King Harvest. A familiar, feel-good groove for chopping, tossing and sharing a colorful meal.

