



Grilled Corn Tomato Summer Salad

The First Bite That Stole My Heart

I still remember the crunch of charred corn, the burst of juicy tomatoes. It was at a backyard potluck years ago. A friend brought this salad, and I couldn't stop sneaking bites. The tangy dressing mixed with creamy mozzarella? Magic. **Ever wondered how to turn simple summer veggies into something unforgettable?** This salad does it. Now it's my go-to for picnics and lazy dinners. Share your favorite summer dish in the comments—I'd love to try it!

My Messy First Attempt

The first time I made this, I forgot to oil the grill. Corn kernels stuck like

glue! I salvaged it by scraping them off with a knife. Lesson learned: patience and oil matter. **Home cooking isn't about perfection—it's about laughing at the mess and savoring the results.** Now I double-check the grates every time. What's your funniest kitchen fail? Tell me below!

Why This Salad Works

– The charred corn adds smoky sweetness, balancing the tangy lemon dressing. – Creamy mozzarella softens the sharp bite of red onion. **Which flavor combo surprises you most?** Is it the honey and vinegar or the scallions with cucumber? Try it and decide!

A Dish With Roots

This salad nods to farm-to-table traditions, blending Native American corn with Mediterranean flavors. It's a modern twist on summer feasts. *Did you know?* Corn was first grown in Mexico over 9,000 years ago. Today, it's a global staple. **Food connects us across time and place.** What's your family's favorite heritage recipe? Share it with us!



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Ingredients:

Ingredient	Amount	Notes
Fresh corn	4-5 ears	
Grape tomatoes	10 ounces	Halved or quartered
Cucumber	1	Halved, seeded, and diced
Low moisture mozzarella cheese	3/4 cup	
Red onion	1/2 cup	Thinly sliced
Scallions	3-4	Chopped
Fresh lemon	1	Zest and juice
White wine vinegar	1/3 cup	
Honey or agave nectar	1 tablespoon	
Coarse kosher salt	1 teaspoon	
Ground black pepper	1/2 teaspoon	

How to Make Grilled Corn Tomato Summer Salad**Step 1**

See also Cornbread Taco Bake: A Flavorful Tex-Mex Delight
Heat the grill to medium. Oil the grates to prevent sticking. Add corn, turning for even char. Cool before cutting. (Hard-learned tip: Grill extra corn—it's great for snacks!) **Step 2** Toss tomatoes, cucumber, mozzarella, red onion, and scallions in a big bowl. Keep it colorful. Let flavors mingle while corn cools. **Step 3** Cut kernels off cooled corn. Some clumps are okay—they add texture. Gently mix corn into the bowl. **Step 4** Whisk lemon zest, juice, vinegar, honey, salt, and pepper.

Taste as you go. Adjust sweetness or tang to your liking. **Step 5** Pour dressing over salad, toss well. Chill before serving. Retoss and reseason if needed—cold dulls flavors. **What's your go-to summer salad ingredient? Share below!** **Cook Time:** 15-20 minutes **Total Time:** 35 minutes **Yield:** 6 servings **Category:** Salad, Side Dish

3 Fun Twists on This Salad

Spicy kick Add diced jalapeños or a pinch of chili flakes. Heat lovers will crave seconds. **Protein boost** Toss in grilled chicken or chickpeas. Makes it a hearty main dish. **Fruity twist** Swap tomatoes for diced peaches or mango. Sweet and summery vibes. **Which twist would you try first? Vote in the comments!**

Serving Ideas & Pairings

Serve with grilled fish or crusty bread. Top with fresh basil for extra flair. Drink pairings: Iced herbal tea (non-alcoholic) or a crisp rosé (alcoholic). Both refresh. **Which would you choose tonight—tea or wine?**



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Keep It Fresh & Easy

This salad stays crisp in the fridge for 2 days. Skip freezing—the veggies turn soggy. If it sits overnight, taste before serving. A pinch of salt wakes up flavors. ***Fun fact***: Chilling softens sharp onion bites. Batch-cook tip: Grill extra corn for quick salads later.

See also Sloppy Joe Casserole Prep
Why this matters: Freshness equals crunch. No one likes limp cucumbers. Got leftovers? Toss in greens for a next-day lunch boost. What's your go-to trick for reviving chilled salads? Share below!

Oops-Proof Your Salad

Issue 1: Dressing too tart? Add a drizzle of honey. Issue 2: Corn kernels flying everywhere? Cut them in a deep bowl. Issue 3: Cheese clumping? Toss it in last. Why this matters: Small tweaks save time and stress. Once, my corn rolled off the board—dogs got a snack! Now I steady it with a damp towel. Ever had a kitchen disaster turn into a win? Tell us!

Your Questions, Answered

Q: Can I make this gluten-free? A: Yes! All ingredients are naturally gluten-free. Just check labels on vinegar. **Q: How far ahead can I prep?** A: Chop veggies 1 day early. Add dressing 2 hours before serving. **Q: No mozzarella? What swaps work?** A: Feta adds tang. For vegan, try cubed avocado. **Q: Doubling for a crowd?** A: Double all but dressing. Add half first, then adjust. **Q: Best herb to add?** A: Basil or cilantro. Toss in just before serving.

Summer on a Plate

This salad tastes like sunshine. Perfect for picnics or porch suppers. **Tag @SavoryDiscovery on Pinterest—we'd love your twist!** Happy cooking! —Elowen Thorn.

Yummy!

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Grilled Corn Tomato Summer Salad

Author: Elowen Thorn

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Cuisine:[American](#)

Courses:[Side Salad](#)

Difficulty: **Beginner**

Prep time: **15 minutes**

Cook time: **10 minutes**

Rest time:

Total time: **25 minutes**

Servings: **4 servings**

Calories: **180 kcal**

Best Season: Summer

Description

Enjoy the fresh and vibrant flavors of this Grilled Corn Tomato Summer

Salad, perfect for warm days.

See also PB&J Overnight Oats

Ingredients

- 4-5 ears fresh corn
- 10 ounces grape tomatoes, halved or quartered
- 1 cucumber, halved, seeded and diced
- 3/4 cup low moisture mozzarella cheese
- 1/2 cup red onion, thinly sliced
- 3-4 scallions, chopped
- 1 fresh lemon
- 1/3 cup white wine vinegar
- 1 tablespoon honey or agave nectar
- 1 teaspoon coarse kosher salt
- 1/2 teaspoon ground black pepper

Instructions

1. Preheat the grill to medium heat and oil the grates. Add the ears of corn over direct heat, turning occasionally to cook the corn and give it char marks. When charred, remove from the grill and set aside to cool.
2. In a large mixing bowl, add the tomatoes, cucumber, mozzarella cheese, red onion and scallions.
3. When the corn has cooled, work with one ear set up vertically on a cutting board and using a sharp knife, cut off the corn kernels. Some may stick together in "corn ribs", this is fine. Add the cut corn to the large mixing bowl and toss gently. Set side.
4. In a small bowl, whisk together the zest and juice from one fresh lemon, white wine vinegar, honey/agave, salt and pepper.

5. Pour the dressing over the corn and tomato salad, toss to combine. Cover and chill until ready to serve. Retoss before serving. If serving several hours later or next day, the salad might need to have the seasonings readjusted with salt and pepper as these tend to mute when chilled for long periods of time.

Notes

If you've tried this recipe, come back and let us know how it was in the comments or star ratings.

Keywords: Corn, Tomato, Summer, Salad, Grilled