Ingredients

* 6 tbsp. olive oil
* 16 ears corn – shucked and silks removed, kernals cut off ears
* 4 bunches red Russian kale – leaves and stems shredded
* 12 sweet peppers, diced
* 1 bag of carrots – peeled and cut into fine strips (use a peeler)
* 4 red or green onions, diced
* 4 red chilies – finely chopped
* 1 bunch parsley, leaves and stems minced
* 4 tbs fresh basil leaves, minced
* ½ c. low-fat plain yogurt
* 2 tbs Dijon mustard
* 2 lemons – juiced and zested
* ½ c. white rice wine vinegar
* 3 tbs sugar
* 6 cloves garlic – minced
* Salt and pepper to taste

Procedure

1. Carefully cut the corn kernels from the ears of grilled corn.
2. Prepare a frying pan with 3 tbsp olive oil and add kernals of corn. Grill until slightly browned. Remove and set aside to cool.
3. Combine corn kernels, kale, sweet peppers, carrots, onions, chilies, parsley, and basil.
4. Separately, combine yogurt, mustard, 3 tbsp olive oil, lemon juice, white rice wine vinegar, sugar, and garlic. Salt and pepper to taste.
5. Top vegetables with rice wine/yogurt mixture to taste (remember, you can add more but you cannot take out).
6. When the perfect mixture is achieved, serve and top with lemon zest.