

**Kitchen Diva** by Angela Shelf Medearis

**A Cool Salad for Hot Summer Days**

**EDITOR'S NOTE:** Angela Shelf Medearis runs a non-profit social services organization in Austin, Texas, that has been swamped during the COVID-19 crisis. She is taking a break from her cooking column to focus her energies on helping those in need. In the meantime, we will run some of her favorite summer recipe columns from past years.

**Dear Readers:** I'll be taking a break from writing my column to focus on helping those in need during the coronavirus crisis. Meantime, I'd like to share with you some of my favorite summertime recipes from years past. Hopefully, they'll inspire you to cook up something "Diva-Licious."

**Calyпсо** is probably best known as a type of Caribbean folk song. It's inspired by a combination of musical styles and languages common to Trinidad. Calyпсо music is rhythmically smooth, and the words are often colorful and sharply critical in a witty way. This recipe for Calyпсо Black Bean and Corn Salad draws inspiration from the Caribbean, the easy spirit of the islands and the music heard there. The salad takes only a few minutes to assemble, and it can be served either cold or at room temperature. Best of all, most of the ingredients can be found in the pantry or the freezer.

This festive salad instantly became one of my all-time favorites when I was challenged by chef Bobby Flay on his Food Network show "Throwdown With Bobby Flay." I decided to serve the Calyпсо Black Bean and Corn Salad as a side dish with my fiery Jerk Chicken.

The wonderful thing about this combination of black beans, corn and spices is that it perfectly complements the smokiness of barbecued meats. It's unique and colorful, and it tastes better the longer it sits in the pepper-infused citrus marinade. The judges loved my dishes, and I was declared the winner of the challenge.

While it was wonderful to claim a culinary victory over chef Flay, the real winners were the guests at the barbecue. They got to eat some of the best dishes in Texas! Try this delicious salad, and you'll feel like a winner, too!



Photo Courtesy of Phil Curry

**Celebrity Chef Angela Shelf Medearis**

- CALYPSO CORN AND BLACK BEAN SALAD**  
**1 (10-ounce) package frozen corn kernels, thawed**  
**2 (15-ounce) cans black beans, drained and rinsed**  
**1 large red bell pepper, seeded and diced**  
**1 small fresh jalapeño chili, seeded and minced**  
**1/2 cup firmly packed chopped fresh cilantro**  
**1/4 cup freshly squeezed lime juice**  
**2 tablespoons vegetable oil**  
**1 teaspoon sugar**  
**1 teaspoon salt**  
**1 teaspoon freshly ground black pepper**

Combine the corn, beans, bell pepper, jalapeño, cilantro, lime juice, oil, sugar, salt and pepper in a large bowl. Taste and adjust seasonings. Cover and chill one hour or overnight to combine flavors. Serves 4 to 6.

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**EDITOR'S NOTE:** Angela Shelf Medearis, "The Kitchen Diva," is a chef, cookbook author, a regular guest chef on The Dr. Oz Show and the Today show, and a celebrity-chef judge for cooking competitions. Medearis owns Diva Productions, Inc., and is executive producer of The Kitchen Diva! cooking show for PBS/Hulu.com. She presents inspirational and motivational speeches and workshops entitled "Feed the Body/Feed the Soul" at conferences around the United States based on her book Ten Ingredients for a Joyous Life and a Peaceful Home. She humorously encourages her audience members to take care of their health from the inside out. The Kitchen Diva! column is distributed to 1,300 Hearst/King Features newspapers with one million readers in the United States and Canada. She lives in Austin, Texas, with her family.

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