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a nut-free cooking blog

Smoky Corn and Pasta Salad

Yield: 4 servings

Total time: 30 minutes

- 3 ears of corn
- 2 cups cooked orzo
- ¼ cup parsley, coarsely chopped
- 1 lb. cooked Andouille sausage, diced into bite-sized pieces
- ½ cup grated Parmesan cheese
- ¼ cup plus 2 tbsp. extra virgin olive oil (EVOO)
- ¼ cup canola oil
- 1 tsp. ground cayenne pepper (depending on how spicy you like it!)
- ¾ tsp. smoked paprika
- ½ tsp. hickory smoked sea salt (or regular salt)



1) Cook the corn to your liking (I boiled it on the stovetop, but grilling would be perfect for this recipe!). Once cool to the touch, cut off the cob and place in a large mixing bowl. Mix in the orzo and Andouille sausage. Toss the Parmesan cheese in and mix to distribute evenly.

2) Whisk together the EVOO, canola oil, cayenne pepper, smoked paprika, and smoked salt. Drizzle over the corn, pasta, and sausage and toss to coat. Serve slightly warm.