



Makes 4 bowls
Preparation Time: 35 minutes

INGREDIENTS:

3 ears fresh sweet corn, husked

12 oz. dry brown rice capellini or whole grain thin spaghetti

1 teaspoon sea salt

2 small avocados, halved, seeded, and peeled

1 teaspoon lime zest

½ cup lime juice (from 3 to 4 limes)

½ teaspoon pure cane sugar

3 cups fresh baby spinach

3 cups fresh blackberries

6 medium radishes, thinly sliced

½ cup fresh basil leaves, large leaves torn (optional)

1 tablespoon hemp seeds

Freshly ground black pepper, to taste

Summer Noodle Bowls with Fresh Corn and Blackberries

Fresh summer produce grabs the limelight in these colorful summer noodle bowls that only take 35 minutes to prepare. The recipe makes enough for four bowls and starts with a big pot of water on the stove and three ears of tender, summer-fresh **corn**. Blackberries are especially delicious and showy in these gourmet noodle bowls, but pitted sweet cherries would be equally good. Crisp **radish** slices add a touch of heat and a pop of color, while baby spinach provides an earthy backdrop. Serve over delicate capellini noodles (or thin whole grain spaghetti) and drizzle with creamy lime avocado dressing, which is a cinch to make and coats every bite with intoxicating tangy, creamy flavor. Garnish with avocado slices, crunchy hemp seeds, and torn fresh basil for a cool summer meal that's set to impress.

Tips

Corn: If you don't have fresh corn, use 2 cups of thawed frozen instead.

For more inspiration, check out these tasty ideas:

- [Spicy Cold Noodle Salad with Soy-Lime Dressing](#)
- [Lebanese 7-Spice Noodle Bowl with Eggplant and Roasted Garlic](#)
- [Chilled Noodle Bowls with Mixed Veggies and Minted Pea Dressing](#)
- [Tropical Soba Noodle Bowls](#)

By Laura Marzen, RD, LD

- 1 Fill a 6- to 8-qt. heavy pot about two-thirds full of lightly salted water. Bring to boiling. Add ears of corn. Cook 2 minutes. Drain corn; rinse with cold water to cool quickly. Cut kernels from corn cobs.
- 2 In the same pot cook noodles according to package directions. Reserve ¼ cup of the cooking water, then drain noodles in a large colander; rinse with cold water to cool quickly. Drain again. Transfer to a large bowl; toss with ½ teaspoon of the salt and 2 to 3 tablespoons of the reserved cooking water so they stay loose.
- 3 Meanwhile, for dressing, in a blender or small food processor combine half of one avocado, the remaining ½ teaspoon salt, the lime zest, lime juice, and sugar. Cover and blend until smooth, scraping sides of bowl as needed.
- 4 Divide noodles among shallow bowls. Add corn, spinach, blackberries, and radishes. Slice the remaining avocado halves and add to bowls. Spoon dressing over noodle bowls. Top with basil (if using), hemp seeds, and pepper.