



## Pasta Salad with Corn Milk Dressing (6 servings)

### Ingredients

1/8 cup extra-virgin olive oil  
3/4 tsp crushed red pepper flakes  
1 pound penne pasta - gluten free  
1 head radicchio - *trimmed, quartered, leaves separated*

### Corn Milk Dressing

3-4 stalks of corn on the cob for "milk"  
1/3 cup oil olive  
2 Tbsps white balsamic vinegar  
1 Tbsp lemon or lime juice

1 package baby arugula  
1 cup basil leaves - torn, if large  
1 can lump crabmeat  
Sea salt / freshly ground black pepper - to taste

1 Tbsp maple syrup  
1/2 cup vegan mayo  
Sea salt to taste  
Freshly ground black pepper to taste

### Preparation

- Cook pasta in a large pot of boiling salted water, stirring occasionally, until it is 'al dente'. Drain.
- While pasta is cooking, prepare the salad dressing.
- Slice the corn kernels from the cob, set aside. Use a knife/spoon to scrape down the cob to release the "milk."  
(*How to Remove Milk from Corn:* <https://youtu.be/qkVSDhRZXP0>)
- Place 1/2 cup of the corn kernel "milk," olive oil, vinegar, lemon juice, maple syrup and mayo into a blender
- Salt and pepper to taste. (*Store any leftover vinaigrette in the fridge and use within a couple days.*)
- Place the radicchio in a large bowl, add the warm pasta and olive oil, and toss.
- Add the arugula and basil in the bowl, lightly toss, pour dressing on salad and season with salt and black pepper.
- Divide salad among plates, or bowls and top with lump crab meat.

*(See this recipe prepared on Episode 7 of the video podcast "[Dishing with Patricia.](#)")*