



The Edible Garden

Recipe featured at *Cooking for the Season* demonstration, August 5

Tomatoes Stuffed with Corn Salad

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Serves 4

Ingredients

For the tomatoes and corn stuffing

4 ripe tomatoes (big, plump)
4 ears of corn
1 cup fresh parsley, chopped
1-2 tablespoon olive oil
1 red onion, diced
1 red bell pepper, diced
1 cucumber, diced
1 ripe avocado

For the dressing

Juice of 2-3 limes
2 tablespoons olive oil
½ teaspoon sugar
1 teaspoon salt

Instructions

1. Cut tomatoes in half. With a spoon, carefully scoop out tomato flesh, leaving the shell. You can save the tomato flesh for gazpacho.
2. Cut corn off cobs, dice onion, cucumber and red bell pepper, and chop fresh parsley. Mix ingredients for lime dressing and set aside.
3. In large sauté pan, add olive oil. When hot, sauté onions with red pepper, add corn, salt and lime dressing. Remove from heat and add cucumber, parsley and avocado.
4. Toss and fill tomatoes with salad. Serve.