



The Edible Garden

Recipe featured at *Cooking for Your Health* demonstration, August 11

Corn Salad

By: Nina Simmons, Education Director, The Sylvia Center

Serves 8

Ingredients

8 ears of corn, as fresh as possible
4 ripe tomatoes or 1 quart cherry tomatoes
½ cup chopped basil, parsley, or herb of choice.
1 bunch scallions or 1 red onion, minced
1 red pepper, diced small
½ cup lemon vinaigrette

Instructions

1. Place corn ears in steamer basket and steam until tender, about 3 minutes. Let cool.
2. Chop rest of ingredients while corn cools.
3. Make vinaigrette using the zest of one lemon and the juice of two.
4. Cut corn off cobs.
5. Assemble salad. Add salt and pepper to taste.