

Corn Salad

Serves 6-8

Ingredients

- 4 cobs of corn
- 2 cups of cherry tomatoes
- 2 red peppers
- 3 stalks of celery
- Fresh coriander (cilantro)
- Dressing
 - 2 to 3 Tablespoons of cider vinegar
 - 1 Tablespoon of vegetable oil
 - 1 Tablespoon of water
 - 1 ½ teaspoons of Dijon mustard
 - ½ teaspoon of sugar
 - Salt and pepper to taste

Directions

- Whisk the ingredients for the dressing together and set aside.
- Boil the corn in water for roughly 5-7 minutes. Remove from pot into cold water. Remove the kernels from the cob with a sharp knife.
- Slice the cherry tomatoes across the equator.
- Remove the core and pith from the red peppers. Slice length-wise in 1-2 inch slices. Cut into large bite-size pieces.
- Chop the celery cross-wise in good bite size chunks.
- Place all the vegetables in a bowl. Throw in a healthy handful of washed, coarsely chopped cilantro.
- Dress the salad and refrigerate.

TIP: This salad can be made early in the day, and leftovers are good for another couple of days.

TIP: To preserve fresh herbs: thoroughly wash and spin dry. Lay out herbs on a paper towel. Roll up paper towel and store in a plastic bag. Make sure to leave some air in the bag.