

GET HEALTHY

ON THE RAILROAD



JONES VALLEY TEACHING FARM

Fresh Corn and Pepper Salad

SERVES

4 TO 6 PEOPLE

YUM! The first 100 registered participants will receive a free produce bag.

INGREDIENTS

- 5 ears of fresh corn, shucked
- 2-3 sweet peppers
- 1 small red onion, diced
- 3 tbsp apple cider vinegar
- 3 tbsp olive oil
- ½ tsp kosher salt
- ½ tsp black pepper
- ½ cup basil leaves, julienned

Directions

- 1 In a large pot of boiling salted water, cook the corn for 3 minutes until the starchiness is just gone.
- 2 Drain and immerse the corn in ice water to stop the cooking and to set the color.
- 3 When the corn is cool, cut the kernels off the cob, cutting as close to the cob as possible.
- 4 Toss the kernels in a large bowl with the rest of the ingredients (red onions, vinegar, olive oil, salt, and pepper).
- 5 Just before serving, toss in the fresh basil. Taste for seasonings and serve cold or at room temperature.