Market Fresh Corn Salad

This is a handy recipe to keep in your repertoire. It makes a fantastic side dish but also serves well as a lunch or light dinner, particularly if you add a protein like hard boiled eggs, grilled chicken, or turkey. You can find these proteins in the market field from Proctor Hall Farm and Ekonk Hill Turkey Farm.

INGREDIENTS

3 ears of fresh corn, corn cut off the cob

1 green pepper, chopped

1 c. cherry tomatoes, halved

1 medium cucumber, sliced into quarters

1/4 onion or scallions, finely chopped

1/4 c. basil, thinly sliced

1/3 c. crumbled feta

3 tbsp. olive oil

luice of 1 lime

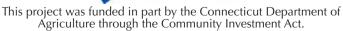
Kosher salt

Freshly ground black pepper

Spice this recipe up by adding a dash of hot sauce from Dragon's Blood Elixirs or a chopped fresh jalapeño from the market field (remove the seeds & wash your hands very well afterward (or wear gloves!)









DIRECTIONS

Toss all ingredients together in a large bowl.

Season with salt and pepper and serve.

Store in an airtight container if you have leftovers and it'll be great for lunch the next day.

Market Shopping List

- Corn 18th Century Purity, Bluebird Hill, Oxen Hill
- Cucumbers Apis Verdi, 18th Century, Blueberry Hill Organics, Bluebird Hill, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Onions/Scallions 18th Century Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Green peppers Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Tomatoes 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Basil 18th Century Purity, Apis Verdi, Blueberry Hill Organics, Colgan, Easy Pickin', Oxen Hill, Riverview
- Olive oil Ariston
- Kosher/sea salt, black pepper, lime Highland Park Market of Coventry Bring this recipe card in for a FREE LIME (valid 8/26/18-9/16/18 PLU15)

