



# Recipes

## Salads

### Late Summer Corn Salad

*Prep Time: 20 minutes*

*Cook Time: 10 minutes*

*Yield: 6 servings*

**Ingredients:**

4 ears of corn

½ small red onion, diced

½ green bell pepper, chopped

½ red bell pepper, chopped

½ bunch cilantro, minced

1 tablespoon olive oil

Juice of 1 lemon

Sea salt and pepper to taste

**Directions:**

1. Boil corn in a large pot for 5-10 minutes.
2. Remove from pot and cool by running under cold water.
3. Cut kernels from the cobs and place in a large mixing bowl.
4. Finely dice the onion and peppers, mince the cilantro and add to the bowl with the corn.
5. Add oil, lemon juice, salt and pepper. Mix well.