

## Let's Make Super Salads April 2015

### Corn Relish Serves 4 to 6

#### Vegetable Ingredients

- 4 cups corn kernels, cut from cooked corn ears\* or 2 packages of frozen corn
- 1 cup celery, finely chopped
- 1 large red sweet peppers, about 2 cups chopped
- 1/2 red onion, about 1/2 cup finely chopped

#### Dressing Ingredients

- 1/4 cup olive oil
- 3 tablespoons apple cider vinegar
- 1 tablespoon stone-ground mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

#### Directions

- 1) Combine all the vegetable ingredients in large bowl.
- 2) Place all dressing ingredients in a small bowl or covered jar or blender. Mix well.
- 3) Pour dressing over the vegetable ingredients.

\* 1 ear of corn yields about 1\2 cup of corn kernels. A full recipe probably needs 8 ears of corn.

This dressing is a tasty salad dressing for green salad as well.

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