

SUMMER CORN SALAD



Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 2 cups corn kernels, cut from the cob
- 1 fresh tomato, diced
- 1 cucumber, diced
- 1 Tablespoon of red onion, finely diced
- 1 Tablespoon oil
- Juice of 1 lime
- 1/2 teaspoon salt
- Black pepper to taste

INSTRUCTIONS:

1. Place everything in a medium size bowl.
2. Mix to combine thoroughly and serve immediately or store covered in the refrigerator until ready to serve.
3. Eat and enjoy!

Yield: 20 tastings

Source: Adapted from eatfresh.org

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