

# 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  
¼ onion or scallions, finely chopped  
¼ c. basil, thinly sliced  
⅓ c. crumbled feta  
3 tbsp. olive oil  
Juice 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!))*



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## 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)**



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