

Raw Sweet Corn Salad

Prep Time: 10 minutes

Raw Sweet Corn Salad Recipe:

1 large ear of raw sweet corn
1/2 red bell pepper
1 large ripe tomato
3 tbsp. Fresh parsley (not dried)
1 celery stalk (diced)
1/4 cup sweet red onion

Instructions:

Husk corn, wash all vegetables, and remove kernels of corn from cob. Dice tomato and celery, chop red pepper and onion, and mince the parsley. Combine in a bowl, cover and set in refrigerator.

To Serve: Place leaf lettuce on a plate, spread the avocado dressing and top with raw sweet corn salad.

Variations:

Raw corn on or off the cob is delicious. Simply clean, wash and enjoy!

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org