

## ROASTED CORN SALAD FOR TWO



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#### **STEP 1** *Roasted Corn Salad Ingredients*

3 large roasted corn on cobs	1 diced (large), beefsteak tomato
2 chopped roasted red peppers	1 chopped roasted onion
1 spoon chopped scallions	2 tbsp canola oil
1/2 tsp salt	1/4 tsp pepper
1/2 spoon minced garlic	1/2 cup cucumber vinaigrette (see page 70)

*Cutting board, knife and large bowl needed.*

#### **STEP 2** *Prepare Roasted Corn Salad*

- ▶ Slice one corn into twelve pieces.
- ▶ Slice cornels off of remaining two cobs and set aside in salad bowl.
- ▶ Drizzle oil and roast other ingredients for fifteen minutes.
- ▶ Toss all ingredients together with cucumber vinaigrette in bowl.

*Serve warm with desired protein.*

## NUTTY ASPARAGUS



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#### **STEP 1** *Nutty Asparagus Salad Ingredients*

4 cups roasted or grilled asparagus	1/2 cup pecans
1/2 cup sliced white onions	1/3 cup creamy cucumber vinaigrette

*(see page 70)*

*Cutting board, knife and large bowl needed.*

#### **STEP 2** *Prepare Nutty Asparagus Salad Ingredients*

- ▶ Toss ingredients together in large bowl.
- ▶ Drizzle with cucumber vinaigrette.

*Enjoy!*