ROASTED CORN SALAD FOR TWO



ROASTED CORN SALAD FOR TWO

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.

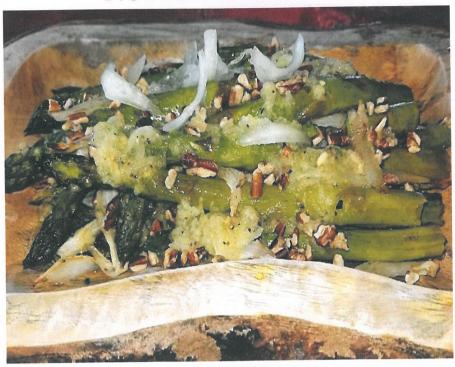
▶ Slice cornels off of remaining two corns and set aside in salad bowl.

▶ 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



NUTTY ASPARAGUS

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!