

CORN RELISH SALAD

Makes 10 Servings

Ingredients

4 large ears of corn, shucked

1 cup chopped tomato

1 cup chopped cucumber

¼ cup sliced green onions

¼ cup sugar

½ cup white or apple cider
vinegar

½ teaspoon salt

¼ teaspoon ground black pepper

*Tip: Add your favorite vegetables such as bell peppers, celery or sweet onions.

Directions

1. Cook corn for 5 minutes in a large pot of boiling water. Drain and immerse in ice water. Immediately drain and set aside.
2. When cool, cut the kernels off the cob; scrape well. Add the tomato, cucumber and onions.
3. In a small bowl or jar with a tight-fitting lid, combine the sugar, vinegar, salt and pepper. Add to corn mixture and toss to coat well. Serve immediately, or cover and refrigerate.

Nutrition Facts: Serving size 1 cup, Calories 100, Total Fat 1g, Sodium 80mg, Total Carbohydrate 19g, Dietary Fiber 2g, Protein 6g

What to look for

- Bright green, moist husks that are tightly wrapped against the cobs (tiny holes can be wormholes)
- Plump and plentiful kernels (feel kernels through the husk rather than peeling it back)
- Brown and sticky tassels

How to store

- Keep corn moist and cool. Refrigerate as soon as possible.
- Refrigerate corn in husks in a bag for 2 or 3 days; eat within 24 hours for best flavor and texture.
- Freeze after blanching using the times below:

	<i>Boiling Water (minutes)</i>	<i>In Steam (minutes)</i>
On the cob		
Small ears	7	10
Medium ears	9	13
Large	11	16

Blanch ears in boiling water (4 mins) or steam (6 mins) before freezing whole kernel or cream style.



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and under an agreement with the State of Tennessee.



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