



Recipe of the Month

FRESH CORN SALAD

Corn

Corn can be traced back to Mexican or Central American cultures as early as 3400 B.C. and has become a staple among Native American civilizations throughout the Western Hemisphere.

Today, corn has less starch and more sweetness which has increased its popularity among Americans.

The average American consumes 25 pounds of corn per year.

Frozen or canned corn has about the same nutritional value as fresh corn.

Basil

Basil is a member of the mint family. Basil has a strong, pungent, peppery flavor and is widely used in Mediterranean cooking and is widely grown in the south.

Several varieties have leaf color ranging from dark green to purple. Basil is sometimes called sweet basil. Basil is the main ingredient in pesto.

Basil is also one of the easiest herbs to grow and does well in containers.

Presentation Plan

Grocery list:

Fresh corn on the cob (for product and display), red onion, cider vinegar, olive oil, salt, black pepper, fresh basil leaves.

Equipment needs:

Vegetable brush, large pot for cooking corn, large bowl of ice water to cool corn, cutting board, paring knife, a large and a small bowl, a whisk or fork, spatula, measuring cup and spoons, and a clear display bowl.

Display preparation:

- Chop onion and basil and place in individual clear bowls ready for demonstration use.
- Cover display table with bright tablecloth or two placemats creating two display areas, one for demonstration and one for presentation sampling.

Demonstration steps:

1. Discuss corn and basil using talking points.
2. Prepare recipe, discussing function of the ingredients. Demonstrate how to shuck corn, remove silks, and how to cut it off of the cob.
3. Discuss basil and demonstrate how to chop it.
4. Transfer finished salad to presentation bowl.
5. Discuss menu ideas: serve with grilled steak, grilled peppers and whole wheat tortillas.

Fresh Corn Salad

- 5 ears** of fresh corn
- ½ cup** diced red onion
- 3 tablespoons** cider vinegar
- 3 tablespoons** olive oil
- ½ teaspoon** salt
- ½ teaspoon** black pepper
- ½ cup** freshly chopped basil

Directions: **Shuck** and remove silks from corn. In a large pot of boiling water, **cook** the corn for 4 minutes. **Drain** and cool by immersing in ice water. When corn has cooled, **cut** the kernels off the cob.

Toss the kernels in a large bowl with the red onion. **Combine** vinegar, olive oil, salt, and pepper. **Pour** over corn and gently toss. **Chill** to allow flavors to blend. Just before serving, **add** fresh basil.

Yield: 10, ½ cup servings.

Nutritional Analysis: 70 calories, 5 g fat, 101 mg sodium, 10 g carbohydrate, 2 g protein, 1 g fiber.

Source: www.fruitsandveggiesmatter.gov

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Kentucky Proud Project

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