



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

CHERRY TOMATO & CORN SALAD WITH HONEY-CILANTRO VINAIGRETTE

Recipe by Natural Gourmet Institute

SERVES 6-8

For the Salad:

6 ears of corn*, husks and silks removed
1 large cucumber*, peeled, seeded, and finely diced
1 pint cherry tomatoes*, quartered
5 radishes*, quartered and thinly sliced

For the Vinaigrette:

1 oz cilantro leaves*, minced
½ jalapeno*, seeded, minced
1 tablespoon minced scallion*
2 tablespoons apple cider vinegar
1 tablespoon local honey*
½ teaspoon Dijon mustard*
¼ teaspoon sea salt
Pinch black pepper
¼ cup extra virgin olive oil

Procedure:

1. Cut corn kernels off cobs and transfer to a large bowl. Combine with cucumber, tomatoes and radishes.
2. In a separate bowl, whisk together cilantro, jalapeno, scallion, apple cider vinegar, honey, Dijon mustard, salt and pepper. While continually whisking, slowly stream in olive oil.
3. Toss salad with vinaigrette and serve.

****Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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