

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 ½ cup, Calories 70, Total Fat 1g, Sodium 119mg, Total Carbohydrate 16g, Dietary Fiber 2g, Protein 2g



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.



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.