



RECIPE | CUCUMBERS

FIESTA VEGGIE SALAD



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FIESTA VEGGIE SALAD



INGREDIENTS

For the salad:

- 1 Pure Flavor® Long English Cucumber, diced
- 1 Pure Flavor® Red Sweet Bell Pepper, diced
- 2 Pure Flavor® Tomatoes On-The-Vine, diced
- 1 bunch chives, diced
- 1 bunch parsley, diced
- 1 green apple, diced
- 1 clove garlic, minced
- 1 ear fresh corn, husks & silks removed
- 1 jalapeno, sliced for garnish

For the dressing:

- 3 **tb**sp olive oil
- 3 **tb**sp lime juice
- 1 **tb**sp mustard

DIRECTIONS

- 1 In a large bowl, mix together all of the salad ingredients.
- 2 To make the dressing combine all dressing ingredients.
- 3 In a non-stick pan, over medium-high heat, char corn, turning constantly for approximately 2 minutes. Remove corn from cob and add to salad.
- 4 Add dressing to the salad and mix well.
- 5 Top with chives, parsley, and jalapeno slices.



17 min

15 min
PREP.

2 min
COOKING



4



easy