

HARVEST of the MONTH at home

Garden Fresh Corn Salad



INGREDIENTS

- 3 cups raw corn kernels
- 1 medium tomato, chopped
- ¾ cup green onion, chopped
- 1 cup cucumber, sliced thin
- ½ cup chopped fresh leafy herbs (choose from basil, dill, mint, parsley and/or cilantro)
- ½ cup chopped radishes
- 1 medium jalapeño, very thinly sliced (opt)
- ¼ cup extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 2 medium cloves garlic, minced
- ½ teaspoon fine sea salt, to taste
- Freshly ground black pepper, to taste
- 1/3 cup crumbled feta cheese or 1 ripe avocado, diced

DIRECTIONS

1. In a large serving bowl, combine the corn, tomato, green onion, cucumber, herbs, radishes, and jalapeño.
2. In a small bowl, combine the olive oil, vinegar, garlic, salt & pepper. Whisk until blended, then pour it over the salad. Toss to combine.
3. Add feta or avocado and gently toss.
4. Serve promptly, or chill for later. This salad keeps well for 3 to 4 days in the refrigerator, covered.

Source: cookieandkate.com

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Migas



INGREDIENTS

- 3 tablespoons olive oil
- 6 large eggs
- 1/2 teaspoon coarse kosher salt
- 8 corn tortillas, cut into eighths
- Optional toppings
- chopped cilantro
- diced tomatoes
- queso fresco

DIRECTIONS

1. Heat olive oil in a large nonstick skillet over medium-high heat.
2. While oil is heating up, whisk eggs in a medium bowl and set aside.
3. Add the corn tortillas to the skillet and fry until crispy, about 6 to 8 minutes.
4. Add whisked eggs, salt and fold them into the crispy tortillas. Cook for about 2 to 4 minutes, until the eggs are fully cooked and no longer runny.
5. Remove from heat, taste and season with more salt to taste. Serve with chopped cilantro, diced tomatoes and queso fresco if desired

Source: www.isabeleats.com

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Simple Summer Corn Soup



INGREDIENTS

- 2-3 Tbsp olive oil
- 1/2 large white onion (chopped)
- 2 cloves garlic (minced)
- 4 small red potatoes* (quartered)
- salt & pepper
- 3 ears corn* (kernels sliced off)
- 2 cups low sodium veggie broth
- 2 cups milk
- 2-3 stalks green onions (chopped)

DIRECTIONS

1. Add olive oil, onion, and garlic to a large saucepan over medium heat and sauté for 3-4 minutes.
2. Add potato, season with salt and pepper, and cover to steam for 4-5 minutes.
3. Add corn and stir.
4. Add broth and almond milk (if using), cover, and bring to a low boil. Reduce heat to low. Cook until the potatoes are soft and slide off of a knife when pierced - about 5-10 minutes.
5. Add 3/4 of the soup to a blender and blend until creamy and smooth.
6. Transfer soup back to the saucepan and bring back to a simmer. Cook for at least 10 minutes to let thicken.
7. To serve, top with chopped green onion, remaining fresh (or lightly sauteed) corn, and black pepper. Add a sprinkle of paprika for color.

Source: MinimalistBaker.com

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Cachapas [fresh corncakes w. cheese]



INGREDIENTS

- 3 cups corn (from fresh ears or frozen, thawed)
- 1/4 cup masa harina
- salt
- pepper
- 1/2 cup mozzarella (shredded) - OR -
- queso mano (shredded)
- vegetable oil, for frying

DIRECTIONS

1. Blend the corn kernels in a blender to a smooth pulp, along with the salt and pepper.
2. Add in the masa harina.
3. Once the mixture is smooth, preheat a large frying pan over medium heat. Add a little oil, then spoon the batter onto the pan. With the back of your spoon, press the batter down.
4. Cook the cachapas for 3-5 minutes. Flip and cook for 3-5 more minutes, pressing the mixture flat if desired.
5. Sprinkle with mozzarella and let melt. Fold in half and enjoy!

Source: GlobalTableAdventure.com