

# SUMMER CORN AND BLACKBERRY SALAD



## INGREDIENTS

### For the salad:

- 4 ears fresh local corn, shucked and silk removed
- 1 cup blackberries
- 2 cups fresh baby spinach, washed and dried
- 1/2 small Jicama, peeled and julienned
- 1 cup baby arugula, washed and dried
- 1/2 small red onion, thinly sliced

### For the dressing:

- 1/4 cup apple cider vinegar
- 2 tbsp. olive oil
- 1 tbsp. local wild honey
- 1 tsp. rosemary, chopped
- 1 tsp. parsley, chopped
- Salt and pepper to taste

## DIRECTIONS

- In a large pot of water add salt and boil the corn until tender (about 3-4 minutes). Remove and allow the corn to cool.
- In a medium bowl, combine all the salad dressing ingredients and whisk until fully blended.
- Cut the kernels off the cob and add into the medium bowl with the dressing. Add the julienned Jicama, red onion, spinach and arugula. Toss with the dressing and adjust the seasoning with salt and pepper.
- Add the blackberries in and mix lightly. Serve and enjoy!