



Cornell University
Cooperative Extension
New York City



No Cook Corn Salad

Yields 6 servings (½ cup each)

Ingredients

- 4 large ears of corn, remove kernels from cob
- 1 green bell pepper, chopped
- 6 red tomatoes, chopped
- 2 medium carrots, grated
- ¼ cup scallions, finely chopped
- 1 clove garlic, minced
- 2 teaspoons olive oil
- 2 tablespoons apple cider vinegar
- ½ cup fresh cilantro, minced

Try adding

- ¼ teaspoon black pepper
- ¼ jalapeño pepper, seeds removed

Instructions

1. Wash all vegetables. Prepare vegetables by chopping or grating.
2. Add all vegetables to a large bowl and toss together.
3. Add garlic, oil, vinegar, fresh cilantro and black pepper. Mix well and serve.

Helpful Information

- Fresh corn can be eaten raw.
- Don't overcook fresh corn. Steam ears of corn with 2-3 inches of water on the bottom of the pot. Bring water to a boil, turn off the heat, and leave pot with the top on for 3-5 minutes.

Source: CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings Per Recipe	6 servings
Serving size	½ cup
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 29g	11%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 822mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Label analysis based on ingredients listed.	

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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Ensalada de Maíz Crudo

Rinde 6 raciones (½ taza cada una)

Ingredientes

- 4 mazorcas grandes de maíz, saque los granos del maíz
- 1 pimiento verde, picado
- 6 tomates rojos, picados
- 2 zanahorias medianas, ralladas
- ¼ de taza de cebollines, picados finamente
- 1 diente de ajo, picado
- 2 cucharaditas de aceite de oliva
- 2 cucharadas de vinagre de sidra
- ½ taza de cilantro fresco, picado

Pruebe con:

- ¼ cucharadita de pimienta negra
- ¼ de jalapeño, picado

Instrucciones

1. Lave todos los vegetales. Prepare los vegetales picándolos o rallándolos.
2. Agregue todos los vegetales en un tazón grande y mézclelos.
3. Agregue ajo, aceite, vinagre, cilantro fresco y pimienta negra. Mezcle bien y sirva.

Información Útil

- Se puede comer el maíz crudo.
- No cocine el maíz crudo demasiado. Cocine las mazorcas de maíz al vapor con 2-3 pulgadas de agua en una olla. Hágalo hervir, apague el fuego, y deje la olla tapada de 3 a 5 minutos.

Source: CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

Por favor vea videos de recetas en nuestro canal de YouTube: **Farmers Market Recipes CCE NYC**

Nutrition Facts

servings per container
Serving size (333g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 29g	11%
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