### Corn and Green Bean Salad

**INGREDIENTS**
- 2 pounds fresh green beans, trimmed and halved
- 2 cups corn kernels
- 1/2 red onion, thinly sliced and diced
- 1 bell pepper, chopped
- Add 1 pint cherry tomatoes, halved (optional)

See herb dressing on back

**INSTRUCTIONS**
1. Place green beans in a large pot of water and boil for about 5-7 minutes. Remove, strain, and rinse vegetables with ice cold water and set aside.
2. Boil or grill corn to just tender kernels. Remove kernels.
3. See dressing ingredients on back and place all ingredients in food processor or blender until well mixed.
4. In a large bowl, stir corn, onions, pepper, and green beans together. Mix in dressing and toss to coat. Store in airtight container for up to 2 days.

**SERVING SIZE:** 1 cup

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Herb Dressing – Blend ingredients in food processor or blender, add pinch salt if desired.

For the Fresh Herb Dressing

- 1/2 cup fresh or 1/4 cup dry basil
- 1/4 cup fresh or 1/8 cup dry parsley
- 1/4 cup lemon juice (from about 2 lemons)
- 1/4 cup apple cider vinegar
- 1/4 cup olive oil

Corn contains carotenoids that promote healthy vision. Green beans are a good source of potassium which can help improve blood pressure and a good source of fiber.

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