

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR  
LESS



## 1 Quick Recipe: Sweet Summer Corn is Rolling into the Farmers Markets!

### Easy, Delicious and FUN: Fresh Corn Salad

1 TB Mexican Chili Powder  
2 Tsp Cumin  
1 Tsp Dijon Mustard  
2 TB Lime Juice  
½ Cup Extra Virgin Olive Oil  
4 Ears of Local Corn,  
cooked or grilled  
2 Cups Grape Tomatoes,  
quartered  
2 TB Red Onions, minced  
1 Cup Feta or Goat Cheese  
or \*Cotija  
Sea Salt and Black Pepper  
2 Heads Romaine, chopped  
3 TB Cilantro, finely minced

½ Cup Finely Chopped  
Roasted Red Peppers

**STEP ONE** To make the dressing, combine the chili powder, cumin, mustard and lime juice together in a large bowl. Slowly add the extra virgin olive oil into the mix and combine thoroughly.

**STEP TWO** \*Remove corn kernels from cob and set cob aside. Add kernels, tomatoes, onion and cheese to the dressing mixture. Toss well. Taste, and season with Salt and Pepper.

**STEP THREE** Place the romaine in a large salad bowl

and scoop the corn salad on top. Garnish with the fresh cilantro and peppers.

### 2 Kitchen Smidgen

Cotija cheese is often called the "Parmesan" of Mexico. Its a hard cow's milk that is salty and strong like parmesan. You can find it already grated in many grocery stores.

### 3 Get Creative

This recipe is fun to make as a corn "lollipop", like in the pictures above! Complete Step One of the recipe, and make the dressing. Instead of taking the corn off the cob, cut the cob in half and poke a skewer in the middle. Place the romaine in a bowl, (or bowls), and add the tomatoes, onion and ¾ cup of the cheese. Drizzle in ¾ of the dressing and toss the salad. Place the corn lollipops on top of the salad and garnish with additional dressing and cheese, cilantro and red peppers.

### 4 WINE of the Week

Chateau d'Esclans  
Whispering Angel Rose

Provence, France  
Costco about \$19.00

This summery pink rose is made from three Rhone varietals, Grenache, Syrah and Mouvedre. Unlike pink wines of the past, this one is super dry with flavors of strawberries, cherries and raspberries. A perfect match with a summer salad like this one.