



PENNSYLVANIA VEGETABLE MARKETING & RESEARCH PROGRAM

PENNSYLVANIA SUMMER CORN SALAD

By Maria Liberati



Ingredients

- ½ cup farro or rice cooked
- 2 cups fresh PA greens
- 1 cup fresh PA corn cooked and cut from the cob
- ½ fresh red onion
- 1/3 cup crumbled feta cheese
- 1 cup fresh PA blueberries
- 1 tablespoon of balsamic vinegar
- 1 tablespoon of PA honey
- 2 tablespoons of extra virgin olive oil
- salt and pepper to taste

Method

In a food processor place in $\frac{3}{4}$ of the blueberries, oil, vinegar, honey, salt and pepper. Blend and set aside.

Now layer the salad, divide the salad ingredients into 2 plates. Line bottom of dish with greens, then place cooked farro or rice, then red onion slices, corn, feta, remaining blueberries. Drizzle blueberry dressing on top. Enjoy!

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