

GUASTELLO'S VILLAGE MARKET

Fresh Corn Blueberry Spinach Salad

Serves 8

Ingredients

4 ears corn with husks on
8 cups fresh baby spinach
1 cup fresh blueberries
½ cup Pickled Red Onions or thinly sliced red onion
½ cup Sweet and Spicy Roasted Almonds or sliced, toasted almonds
Honey-Cider Poppy Seed Dressing (recipe below)

Instructions:

For the corn:

Place corn, two ears at a time, in the microwave and cook for 4-6 minutes. Every microwave is a little different so check one ear after 4 minutes. If it needs a bit more time put it back in for another minute or two. Once you know how long your microwave takes, you can use this timing every time you cook corn.

Remove from microwave with a hot pad and allow to cool for 5 minutes.

After cooling, cut the bottom end of corn off, about 1 ½ inches from the end. Pull back husk and silks from the top (almost all of the silk should easily pull away). Slice kernels from husks and set them aside to cool.

For the salad:

Combine spinach, blueberries, corn and red onions in a large serving bowl. Sprinkle with a generous pinch of sea salt and freshly ground black pepper.

Drizzle with 3-4 tablespoons of the poppy seed dressing and toss together.

Top salad with almonds. Serve extra dressing at the table.

Honey-Cider Poppy Seed Dressing:

¾ cup extra virgin olive oil
¼ cup honey
⅓ cup apple cider vinegar
1 teaspoon dried (ground) mustard
1 tablespoon poppy seeds
1 teaspoon garlic salt

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Instructions:

Combine all ingredients in a jar (at least pint-size and shake well. Store in the refrigerator for up to two weeks in an airtight container or jar.

Credit: thecafesucrefarine.com