

# Tomato, Cucumber, and Corn Salad



Greater Cleveland  
Food Bank

## *Ingredients*

- 1 to 1 ¼ pounds ripe tomatoes, diced (2 large or 3 medium tomatoes)
- 1/2 English cucumber, diced
- 2 ears corn, kernels removed from the cob (optional: steam corn for 4 minutes before removing kernels)
- 1 jalapeno pepper, minced
- Salt to taste
- 1/4 cup chopped cilantro
- 2 tablespoons rice vinegar, white vinegar, or apple cider vinegar
- 1 tablespoon lime or lemon juice
- 2 tablespoons extra virgin olive oil
- Optional: 1 ounce feta cheese, crumbled

## *Directions*

1. Mix together all of the ingredients.
2. Let sit for 15 minutes (in or out of the refrigerator) to let the flavors meld. Toss again and serve.



## **Did you know...**

You can serve this refreshing mixture as a salad, as a topping for whole grains such as brown rice, or as a salsa with grilled fish or chicken! It keeps for several hours in the refrigerator.

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