

Mix well, add more specific ingredients according to your taste.

## Fresh Corn Salad

### *Ingredients:*

- 3 cups raw corn kernels (from about 4 cobs)
- 1 medium tomato, (remove the seeds) chopped (about ½ cup)
- ¾ cup chopped green onion
- 1 cup quartered and thinly sliced cucumber (preferably English cucumber)
- ½ cup chopped fresh leafy herbs (choose from basil, dill, mint, parsley and/or cilantro)
- ½ cup chopped radishes
- 1 medium jalapeño, (remove the seeds) very thinly sliced (omit if sensitive to spice)
- ¼ cup extra-virgin olive oil
- 2 tablespoon red wine vinegar or white wine vinegar, to taste
- 2 medium cloves garlic, pressed or minced
- ½ teaspoon fine sea salt, to taste
- Freshly ground black pepper, to taste
- *Optional:* ½ cup crumbled feta cheese or 1 ripe avocado, diced

### Procedure

1. In a large serving bowl, combine the corn, tomato, green onion, cucumber, herbs (don't skimp on the herbs!), radishes, and jalapeño.
2. In a liquid measuring cup or small bowl, combine the olive oil, vinegar, garlic, salt and several twists of black pepper. Whisk until blended, then pour it over the salad. Toss to combine.
3. Add most of the feta or avocado (reserve some for garnish), and gently toss. Taste, and add more vinegar for more tang (I usually add another full tablespoon), or salt for more overall flavor. Garnish with the remaining feta or avocado.
4. Serve promptly, or chill for later. This salad keeps well for 3 to 4 days in the refrigerator, covered.

## Cucumber-Tomato Tabbouleh

### Ingredients:

- 1 cup Cooked bulgur wheat
- 1 cup English cucumber finely diced
- 1 1/4 cups Roma tomatoes seeded and finely diced
- 1/2 cup green onions thinly sliced
- 1 cup curly parsley finely chopped
- 1/4 cup fresh mint finely chopped (optional)
- 1/3 cup olive oil
- 3 tablespoons lemon juice
- 1 teaspoon salt
- 1/4 teaspoon pepper

## Procedure:

1. Add the cucumber, tomatoes, green onions, parsley and mint to the bowl with the bulgur wheat.
2. In a small bowl, whisk together the olive oil, lemon juice, salt and pepper.
3. Pour the dressing over the salad and toss to coat.
4. Cover the salad and chill for at least 30 minutes or up to 2 days. Serve.

### *How to make Bulgur*

#### *Ingredients:*

- 1 cup of Bulgur
- 1 teaspoon of Oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 1/2 cup of water
- Bay Leaf
- Bowl
- Strainer
- Pot

#### *Method:*

1. Place your dried bulgur into a bowl
2. Add your oil, salt and pepper and stir to coat the bulgur.
3. Boil your water in a pot with a bay leaf
  - Feel free to add aromatics to your pot, for example, garlic, peppercorns, lemon peel, dried or fresh herbs)
4. Pour boiled water into the bowl over your bulgur.
5. Stir well, then cover with plastic wrap.
6. Let sit for 45-60 minutes depending on the texture you want it.
7. Remove plastic wrap and pour the bulgur into the strainer to strain off water.

## Lentil Stew

- 1 tablespoon olive oil
  - 1-2 cup chopped onion
  - 1-2 cup chopped carrots
  - 1 cup Chopped peppers
  - 3 garlic cloves, minced
  - ½ Jalapeno, Finely Diced.
  - 3 tablespoons tomato paste
  - 1 Tablespoon smoked paprika (or more depending on your tastes)
  - 1 Tablespoon ground cumin (or more depending on your tastes)
  - 1 bay leaf
  - ¾ teaspoon kosher salt
  - ½ teaspoon freshly ground black pepper
  - ¼ teaspoon crushed red pepper
  - ½ -1 bunch lacinato (Tuscan) kale, chopped
  - 1 ½ cups dried brown lentils
  - 4 cups unsalted vegetable stock
  - 2 ½ cups water
  - Optional: pre-cooked chicken (about 2 cups)
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### Procedure:

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1. Heat oil in a Dutch oven over medium.
  2. Add onion and cook for about a minute. Add Peppers and Garlic cook for an additional minute until onions are translucent.
  3. Add smoked paprika, bay leaf, cumin, salt, black pepper, and red pepper; cook 1 minute.
  4. Add tomato paste, Stir and cook for about 1-2 minutes (to cook out the strong tomato flavor).
  5. Add carrots; cook, stirring occasionally, about 2- 5 minutes.
  6. Add Lentils then stir to coat all of the ingredients with the spices.
  7. Add stock and 2 ½ cups water; increase heat to high. Bring to a boil.
  8. Reduce heat to Medium-Low and add Kale. Simmer until lentils are tender 30-45 minutes.
  9. If using Chicken, add it to the last 15 minutes of cooking.
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