Spicy Corn Relish Salad
A Recipe by Chef Walter Staib

Makes 6 cups, serves 12

10 ears fresh white corn, kernels cut from the cobs
1 medium red bell pepper, finely chopped
1 medium green bell pepper, finely chopped
1 medium white onion, finely chopped
¼ cup rice wine vinegar
2 medium scallions, finely chopped (about 3 tablespoons)
1 garlic clove, finely chopped
½ bunch fresh chives, finely chopped (about 3 tablespoons)
½ bunch fresh cilantro, finely chopped (about ¼ cup)
1 teaspoon ground cumin
1 teaspoon red pepper flakes
1 sprig fresh thyme, for garnish
Freshly ground black pepper

Bring a large saucepan of lightly salted water * (about 1 teaspoon salt to a gallon of water) to a boil over high heat Add the corn and cook for 5 to 7 minutes, until tender. Do not overcook. Drain the corn and place it in a medium-size mixing bowl. Add the remaining ingredients, except for the sprig of thyme and mix well. Season with pepper. Cover and refrigerate for about 30 minutes, until chilled.

* Keep the cooking time brief which will prevent most of the salt from being absorbed. Salt can be eliminated if desired.

Nutritional Breakdown Spicy Corn Relish Salad

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
Original – OK for Heart Health!! (using lightly salted water)									
Orig & HH Spicy Corn Relish Salad	**12**	97	1.4	0.2	0	35	3	22	3