



CORN, TOMATO AND CUCUMBER SALAD

Season: Summer
From the garden: Corn, tomato, cucumber
Type: Salad
Difficulty: Easy
Country of origin:
Serves: 6 serves or 30 tastes
Source:

Equipment

- *chopping board and knife
- *measuring cup and spoon
- *salad bowl
- *jam jar
- *mixing spoon

Ingredients

- *3 cobs fresh corn
- *3-4 tomatoes
- *1 large cucumber
- * $\frac{1}{2}$ red onion
- * $\frac{1}{4}$ cup olive oil
- *1-2 tbsp vinegar
- * $\frac{1}{2}$ tsp salt, pepper to taste
- *1 tsp sugar

Method

1. the corn can be cooked without peeling the husk off by microwaving it for 5-7 minutes. After that, the end bit can be cut off, and the corn cob squeezed out
2. after the corn has cooled down, place it upright on a chopping board, and using a sharp knife, cut off the kernels. (Adult help required)

3. wash and cut the cucumber into small cubes
4. wash tomatoes and half, if using cherry tomatoes, or cut up bigger ones
5. chop the red onion finely
6. put the corn, tomatoes, cucumber and onion into a salad bowl
7. add the oil, vinegar, salt, pepper and sugar into the jam jar, put the lid on, and shake to mix
8. pour the dressing over the salad and mix

Notes:

Skills: measuring, *mixing*, *cutting*