

# Crisp Corn and Bell Pepper Salad



**TIP:** This refreshingly flavorful and very easy to make salad is great way to combine the sweetness of either freshly cooked or leftover corn with the earthy flavors of bell pepper, onion, garlic, and fresh cilantro.

**Preparation Time:** 10-15 minutes

## **Ingredients** (for 3-4)

**2-3 Ears of Cooked Corn**

**1/2 Bell Pepper** (I like using yellow, orange, or red bell peppers because they are sweeter than green bell peppers)

**2-3 Garlic Cloves**

**1/4 Onion**

**Handful of Fresh Cilantro**

**1/2 Teaspoon Salt**

**Balsamic (or any) Vinegar**

**Hot Sauce (optional)**





## Equipment

Cutting Board

Large Sharp (Chef's) Knife

Small Sharp (Paring) Knife

Big Spoon

Bowl (big enough to contain all the ingredients)



1. Rinse and shake dry the **bell pepper** and a **handful of fresh cilantro**.



2. Put **2-3 garlic cloves** on a cutting board. Cover them with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open.



Peel the **garlic skin**.





Hold the **garlic cloves** securely to the cutting board with curled fingers, and let the wide, flat side of the knife blade touch and glide along your curled knuckles as you cut the **garlic** into thin slices about 1/8 inch (3 mm) wide.



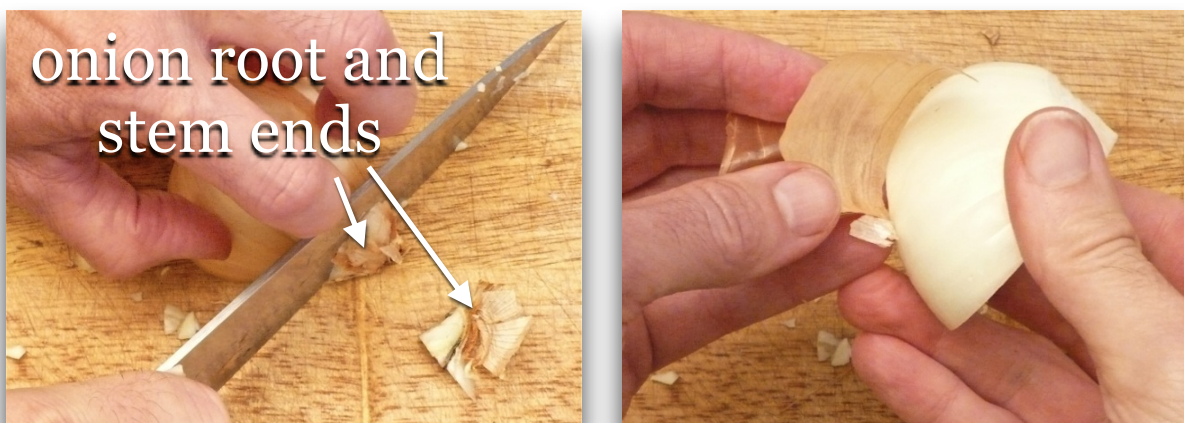
Finish by chopping the **garlic slices** into smaller pieces about as shown.



3. Cut an **onion** in half lengthwise, and cut one of the **onion halves** in half again.



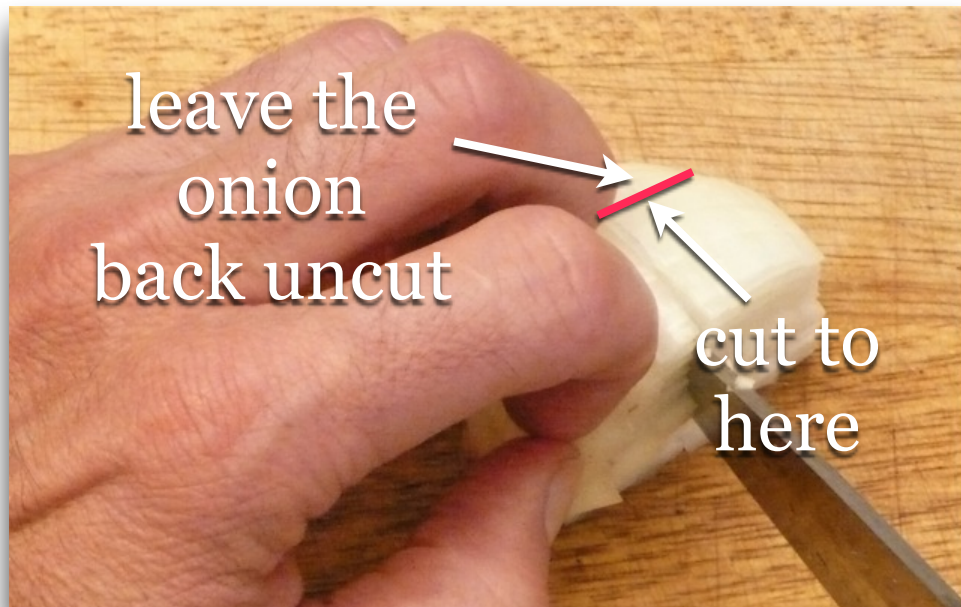
Cut off the tough **root** and **stem ends** (top left photo), and peel off the **onion skin** (bottom right photo).



Hold the **onion quarter** securely to the cutting board with curled fingers and make cross section slices about 1/4 inch (6-7 mm) wide, making sure not to cut through the **back of**



**the onion**, as shown below, to help keep the **onion** intact during slicing and chopping.



Finish by chopping the **onion slices** in cross section into pieces also about 1/4 inch (6-7 mm) wide.



4. Cut a **bell pepper** in half lengthwise right around the stem.



Remove the **seeds**.





Cut the **pepper half** into lengthwise slices about 1/2 inch (12.5 mm) wide.



Chop the **pepper slices** in cross section into pieces also about 1/2 inch (12.5 mm) wide.



5. Take hold and twist off the tough, thicker **stems** from a **handful of cilantro**.



Bunch the **cilantro** in your hand.





Hold the **bunched cilantro** to the cutting board with curled fingers and cut it into pieces 1/4 - 1/2 inch (7 - 12.5 mm) wide.



Finish by chopping through the **cut cilantro** until it looks about like this.



6. Put all the **chopped ingredients** in a bowl, and cut the **corn** off the cob right into the same bowl by cutting downward from the middle of the **corn ear** (top left photo) and then turning the **ear** upside down to cut off the **kernels** from the other half (bottom right photo).



7. Add about **about 1/2 teaspoon salt** (or as much as shown in the picture below),...





...a **shot** (or about 1 tablespoon) of **balsamic** (or any) **vinegar**,...



...a **shot** (or about 1 1/2 tablespoons) of **olive** **oil**, and...



...an **optional dash of hot sauce** to taste.



8. Finish by stirring the **corn and pepper salad** with a big spoon until...





**...all the ingredients** are well mixed together like this.



© 2015 Bruce Tretter  
**Gotta' Eat, Can't Cook**  
"Show Me How" Video & Picture Book Cooking