

## **July 2021 Cooking Show with Dan and Lizzie Lake**

### **Summer Corn Salad**

Ingredients:

6 ears fresh sweet corn, husked and cleaned

3 large tomatoes, diced

1 large onion, diced

¼ cup chopped fresh basil

¼ cup olive oil

2 tablespoons white vinegar

Salt and pepper to taste

Instructions:

Bring a large pot of water to a boil. Boil corn 7 to 10 minutes. Drain, cool, cut kernels off the cob. Place in large bowl.

Add tomatoes, onions, basil, oil, vinegar, salt and pepper to the corn.

Chill until ready to serve.

### **Vegetable Spiral salad**

Use a spiralizer to cut carrots, yellow squash, zucchini, and Japanese cucumbers. Combine vegetables with your favorite balsamic vinegar. Mix and enjoy.

## **Chicken Salad**

### Ingredients:

2 chicken breasts, shredded

1 c mayonnaise

1 c grapes

2-3 celery stalks, finely diced

Optional: red onion, sliced almonds, walnuts

### Seasonings:

Salt, pepper, onion powder, paprika, fresh dill (optional)

### Instructions:

Cover chicken with ½ inch water, boil for 5 minutes, then simmer for 12-14 minutes

Let chicken rest and cool.

Shred chicken.

Mix mayonnaise with chicken (add more if needed)

Mix in grapes and celery

Can add red onion, sliced almonds, and/or walnuts.

Season to taste

Enjoy on bread, over lettuce, or by itself.