

Summer

SALADS

Wednesdays at 2PM with Jenn Brodsky

Mexican Street Corn



JULY 7



If you're an Albertan like Jenn, you're familiar with Taber corn season. There is something so special and sweet about eating corn right off the cob in the heart of summer. A food so stand alone it barely requires the swipe of butter and sprinkle of sea salt that most of us indulge ourselves. This salad honours the natural, sweet, and creamy flavour of the corn, and uses a few simple ingredients to add an extra punch of excitement. It's the perfect addition to any barbecue, and is a delicious leftover lunch with some cold bbq chicken tossed in. In fact, Jenn loves it so much that she served it at her backyard engagement party. This recipe is super fast and simple, but delivers layered and complimentary flavours that will have you looking like a pro!



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Roasted Cherry Tomato And Israeli Couscous Salad



JULY 14



Israeli (or pearl) couscous is the star of this summer salad. Smokey chickpeas, cherry tomatoes, feta, and lots of fresh herbs join the chewy, textured couscous to make a salad that can be eaten any time of day, and at any temperature. Serve it on its own for lunch, pile it on top of fresh garden greens for dinner, or serve it next to chicken, fish, or steak as a hearty, delicious side.



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For more information contact **Nessie Hollander** at 403-690-2449 or **email**.