

# Corn



This is a simple summer salad that combines fresh caramelized warm corn and peaches over a bed of mixed greens, which adore wilting, with just a drizzle of a honey mustard dressing.

## Warm Orchard and Field Salad

Serves 2-4

Prep Time: 10 minutes

Cook Time: 10 minutes

### Ingredients

1 tsp. honey, to taste	3/4 tsp. Dijon mustard
1 tbl. extra virgin olive oil	2 tsp. fresh lemon juice
1 tsp. white wine vinegar	pinch of salt, divided
black pepper, to taste	2-3 tbl. unsalted butter
2 cups of corn cut off the cob	2 fresh peaches, sliced
bed of greens such as kale (massaged), baby spinach, arugula, or spring mix	
one small sweet onion sliced thinly into rings	
handful of fresh herbs (basil, mint)	

### Directions

1. For the dressing whisk the honey, mustard, and olive oil together until smooth. Whisk in the lemon juice and vinegar. Add some salt and pepper. Taste and adjust to your liking. Shake, cover and chill until serving.
2. Brown the butter in a frying pan. Add the chopped fresh corn with a pinch of salt and pepper. Cook for 4-6 minutes until the corn begins to caramelize. Quickly add the peach slices for 30 quick seconds just to warm.
3. On a bed of mixed greens (which will love wilting gently), place the warmed peaches and corn. Top with the onion and chopped fresh herbs. Drizzle a bit of the dressing and a sprinkle of salt to your liking.