

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Green Salad with Corn, Peppers and Smoky Red Pepper Dressing

From *Generous Table* by Heather Christo

Make ahead: The dressing yields 1 cup; you can make it ahead and refrigerate any left over.

Serves 4-6

Smoky Red Pepper Dressing

¼ cup olive oil
1/8 cup plus 1 Tbsp red wine vinegar
2 ounces roasted red pepper (packed in water and drained)
2 Tbsp fresh cilantro leaves
1 garlic clove, peeled
1 tsp smoked paprika
½ tsp salt

8 cups green lettuce, torn into bite-size pieces
1 cup fresh raw corn kernels, optional (local, organic corn is best)
1 red bell pepper, small diced
1 yellow bell pepper, small diced
1 shallot, small diced
1/2 cup Smoky Red Pepper Dressing (see above)

1. First make the smoky red pepper dressing: In a blender, combine the olive oil, vinegar, roasted peppers, cilantro, garlic, paprika and salt. Puree until the dressing is completely smooth. Taste to adjust with salt. You will have about 1 cup. Pour into an airtight container and refrigerate for up to 5 days, or until needed.
2. In a large bowl, combine the lettuce, corn, red and yellow peppers and shallot and toss to combine. Add ½ cup of the dressing and gently toss everything to coat. Serve immediately.