

**Being Well Class**  
**November 2019: Wake Up Your Taste Buds**  
Use of vinegars & mustard to enliven foods.

**Strawberry Corn Salsa**

**Ingredients:**

2 cups fresh strawberries, chopped  
2 cups grape tomatoes, chopped  
1 pkg. (10 oz.) frozen corn, thawed or fresh corn  
2 green onions, chopped  
3 Tbsp. Minced fresh cilantro  
1/3 cup olive oil  
2 Tbsp. Raspberry vinegar  
2 Tbsp. Lime juice  
½ tsp. Salt, optional

Baked tortilla chips

**Directions:**

In a large bowl, combine the first five ingredients.  
In a small bowl, whisk the oil, vinegar, lime juice & salt,

Drizzle over strawberry mixture, toss to coat.  
Refrigerate for 1 hour. Serve with chips/

Serving: ¼ cup (calculated without chips)

Calories: 49, Fat: 33 g, Sodium: 56 mg, CHO: 5 g, Fiber: 1 g, Protein: 1 g

## Seven Layer Salad

### Ingredients:

¼ cup buttermilk  
½ cup mayonnaise  
2 Tbsp. White wine vinegar  
1 Tbsp. Minced scallion  
1 Tbsp. Minced fresh dill  
Zest of ½ of a lemon  
Kosher salt, black pepper, & cayenne pepper to taste  
1 pkg. variety lettuce  
1 ½ cups sliced radishes  
2 bell peppers, seeded & diced  
1 ½ cups sliced cucumbers  
½ cup sliced red onion  
1 cup shaved Parmesan cheese  
2 cups blanched sugar snap peas

### Directions:

Whisk together buttermilk, mayonnaise, vinegar, scallion, dill, lemon zest, salt pepper & cayenne for dressing in a small bowl; chill.

Layer salad ingredients in the following order in a large bowl:

Lettuce, radishes, bell peppers, cucumber, onion, Parmesan & peas.

Top salad with dressing; cover and refrigerate for 2-8 hours.

Just before serving toss to combine,

Makes: 8 servings

Calories: 165, Fat: 13 g, Sodium: 208 mg, CHO: 7 g, Fiber: 2 g, Protein: 4 g

**Note:** after layering salad in a trifle or straight-sided glass bowl, pour the dressing evenly over the entire top of the salad.