

Summer Salad

Onion–Corn Salad©

Dressing Ingredients:

2-16 oz. cans whole kernel corn, drained (reserve liquid)
1/3 cup sugar
1 cup apple cider vinegar
1 Tbsp.dry mustard powder
1 tsp. salt
1 tsp. garlic pepper or lemon pepper

Method:

In a large pot, use only 3/4 cup liquid from corn and mix with sugar, apple cider vinegar, dry mustard, salt and garlic pepper. Bring to a boil. Remove from heat and add corn. Let mixture come to room temperature, then refrigerate for 12 hours up to 3 weeks.

Salad Ingredients:

1/2 small head iceberg lettuce
3 medium sweet onions, sliced
1 red bell pepper or 1 tomato, sliced

Method:

Line a salad bowl with several layers of paper towels. Break lettuce apart and add onions and bell pepper slices. Put into bowl, cover airtight and refrigerate until serving time.

When ready to serve, remove paper towels, add oil to dressing mixture and pour over salad.