



60 Days to Reclaim YOUR Health

CORN SALAD

By Betsy Brown

(You may want to halve this recipe for your family but the quantity is great for a covered dish supper)

Ingredients

8 cups frozen corn, thawed

1/2 to 1 orange pepper

2-3 stalks celery

12 cherry tomatoes cut in quarters

1 avocado mashed

2 Tbsp dried parsley

Other herbs to taste (3/8 tsp marjoram, 1/8 tsp oregano, 1/4 tsp basil)

2 Tbsp onion powder

1 tsp garlic powder

1/2 lemon juiced

1 tsp unrefined salt

Directions

Mix together. Put in a bowl and decorate with tomato and parsley.