

Corn Pico de Gallo w/Heirloom Corn Chips

RECIPE

Harvest: cherry tomato, oregano or cilantro,
scallion or onion, corn
12 Servings

Supplies

- Knives, cutting board
- Citrus squeezer
- Scissors (or hands, for herbs)
- Measuring cup
- Mixing bowls & spoon
- Small plates for serving

Directions

- Prep:
 - Halve or quarter cherry tomatoes
 - Shuck corn and slice kernels off the cob
 - Small dice onions or scallion
 - Remove cilantro or oregano leaves from stems
 - Dice peppers and remove seeds (if using)
 - Juice lime
- Mixing and Serving
 - To a medium bowl, add the tomatoes, onion, cilantro, pepper, and lime juice. Stir gently to combine.
 - Add salt and stir again. Taste and add additional salt if desired. Serve with tortilla chips or tostada, or use as a taco topping.

Ingredients

- 4 pints Rainbow Cherry Tomato, halved
- 2 bunches Scallion, sliced
- 1 bunch Cilantro, leaves picked
- 4 Limes, Juiced (more or less to taste)
- 1 Jalapeno or Serrano Pepper (Optional)
- Blue Corn tortilla chips or tostada (for serving)
- Dash of olive oil
- Salt

Notes

- This recipe is great for late summer abundance and can also be done alongside a lesson on heirloom corn; bring in different types of dried corn and seed for students to compare and observe along with tasting the blue and yellow corn in the recipe. Add in a rainbow of heirloom cherry tomatoes for a lesson on biodiversity.
- Season to taste for “salt, fat (olive oil), acid (lime/tomato) and heat (pepper)”
- Substitutions: You can substitute oregano instead of cilantro or spring or red onion instead of scallion.

Recipe created by chef/writer Nina Anakar for The School Garden Network's Cooking From The Garden program.