



# RECIPES

Spice Blends:  
Pink & Pink Shake  
Veggie Heaven

## PINK & PINK SHAKE CORN SALAD

Summers in Arkansas are known for their abundant Farmer’s Markets. One of the treasures of shopping at these markets is picking up some Esau corn, a high-quality sweet corn grown in the Delta. Its freshness and sweetness are key qualities.

Our Pink and Pink Shake is amazing on corn on the cob. I can't enjoy this summer delight without our Pink and Pink Shake to add the most unique and delightful flavor.

I decided to create a salad with this combination and the abundance of the Farmer’s Market Finds. I hope you enjoy this bright fresh Pink & Pink Shake Corn Salad and shopping at all the amazing farmers markets in your area.

### INGREDIENTS:

Serves: 4-6

#### SALAD:

- Three ears of corn on the cob
- 1 to 2 green onions sliced thin
- 1 cup of fresh black-eyed peas
- 1/2 red pepper finely chopped
- One small zucchini- peeled
- One local ripe best tasting tomato
- One batch of cilantro or parsley
- Fennel & Fire Fire Pink & Pink Shake

#### DRESSING:

- One small zucchini- peeled
- 1 tbsp mayo
- 1 tbsp sour cream
- 1/2 bunch of cilantro or parsley
- 1 - 2 tsp lemon juice and zest
- 1-2 tsp red wine vinegar
- 1 tsp chopped jalapeno

### DIRECTIONS:

Step One:

Start by cooking the black-eyed peas in some vegetable broth and Veggie Heaven seasoning. It’s a simple process that sets the stage for a delicious salad.

2. Microwave the corn with the husk on for 3-4 minutes per ear of corn.
3. Remove corn, let it cool, then remove the husk and silk. Slice the kernels off of the cob.
4. Dice the red pepper finely. Thinly slice the green onions, and cut the zucchini into 1-inch coins, then quarter
5. Sprinkle Pink and Pink on the corn as it cools.

Step Two:

Make the dressing in a blender.

2. Cut the zucchini into smaller pieces.
3. Thoroughly wash and dry the cilantro or parsley.

Now it’s time to bring all the flavors together. Add all dressing ingredients to the blender and blend until smooth.

Step Three:

Combine all salad ingredients in a bowl.

2. Pour the dressing on top of the salad and gently mix to combine.

Step Four:

Finish with a sprinkle of Fennel and Fire Pink & Pink Shake salt, a pinch of chopped fresh herbs, and a squeeze of fresh lemon.

### OPTIONS:

- Add avocado
- Use as a dip with tortilla chips
- P.S. Pink and Pink Shaker is amazing on Scallops

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