



INTRODUCTION

I love making this fresh summer salad in late August or early September after picking many items from my garden. I use fresh corn and dill from the garden to make the salad. This year we decided to grow cucumbers and tomatoes in our garden too instead of buying them from the grocery store.

Everything tastes so much fresher from the garden!

Any veggie can be added to your salad if you like the taste of it. We often grow green beans, peas, and carrots. They can be incorporated into the salad as well if you have them in your garden. Choose what your family likes and make a salad out of it. The vegetables don't have to be from your garden but if you have one, a salad is a great way to enjoy your vegetables.

I often pick up a cooked chicken and de-bone it to add protein to the salad.

Olive oil makes a nice dressing. Just don't put too much in, otherwise the salad will taste too saturated and won't be as tasty. I often wing it and slowly add more once I've had a chance to mix all the ingredients together. It's easier to adjust the amount if it looks too dry or if enough oil has already been added.

Feta cheese adds a tasty zing to the whole salad which I make into a meal. Add as many items required to either make it a side salad or the main course for your family or partner.

This is a nice meal to eat back at your [campsite](#) after a day of hiking or kayaking.



FRESH SUMMER SALAD



TIME REQUIRED:
30 MINUTES



SERVINGS:
4

INGREDIENTS

- ♣ 4 pieces of corn on the cob
- ♣ 1 de-boned cooked chicken
- ♣ 2 long cucumbers
- ♣ 4 Tbsp dill
- ♣ 2 cups grape tomatoes
- ♣ ¼ cup feta cheese
- ♣ ¼ cup olive oil

DIRECTIONS

1. Boil four pieces of corn on the cob for around eight minutes. Remove the cobs from the boiling water. Once cooled, cut off the kernels of corn with a knife.
Tip #1: It's easier to cut the corn vertically (along the long edge) as opposed to horizontally.
2. De-bone the chicken and cut it into small pieces and place them into a bowl.
Tip #2: If you are eating the salad at the campground, you might want to debone the chicken at home to save on messiness at the campsite.
3. Cut the cucumbers into small pieces and add them to the bowl.
4. Cut the grape tomatoes into halves and place them into a bowl.
5. Break up the feta and add it, along with the dill and olive oil to the bowl.
6. Mix the fresh summer salad.
7. Serve and enjoy!

