



## RECIPES

### Corn & Sundried Tomato with Arugula Salad (serves 6)

3 ears of raw corn, sliced off the cob  
1/2 medium/large red onion, diced  
1/4 cup sundried Roma tomatoes, diced  
2 cups fresh arugula, washed

Place all ingredients into a salad bowl; pour dressing on, right before serving; toss until dressing is well distributed, and then serve.

#### Dressing

1/4 cup extra virgin olive oil  
3 Tbsp red wine vinegar  
1 tsp lemon juice  
1 tsp lecithin powder  
Dashes of: elephant garlic, dill, Real Salt, cumin, and cayenne.

Place all ingredients into a jar or bottle with tight fitting lid. Shake well before dressing salad.