

Garden Chef Okra, Tomato and Vidalia Onion Salad with White Balsamic Vinaigrette

Salad:

1 lbs	Fresh okra, cut into 1/2 inch pieces
1 Cup	Small cherry tomatoes
1	Large Vidalia onion, sliced thin
1/2 Cup	Sweet corn
1/4 Cup	Feta cheese
	Sea salt
	Freshly ground pepper

White Balsamic Vinaigrette:

1/2 Cup	Extra virgin olive oil
1/4 Cup	White balsamic vinegar
1 Clove	Garlic, smashed
1 Tsp	Honey (optional)
1/2 Tsp	Sea salt
1/2 Tsp	Freshly ground pepper

Salad:

In a large pot of salted boiling water, blanch the okra until it's bright green, about 30 seconds. Drain well, spread on paper towel and allow to cool completely. When cooled, remove stems but leave stem cap in place. Cut okra into 1/2 inch pieces. Toss all other ingredients with okra, dress lightly with vinaigrette.

White Balsamic Vinaigrette:

Combine olive oil and vinegar. Add garlic clove, salt and pepper. Whisk together. Remove garlic clove.



ATLANTA BOTANICAL GARDEN

Recipe by Garden Chef Amanda Dew Manning