



### Corn, Adzuki Bean Salad, Roasted Zucchini Chips

**For the corn:** Bring a large pot of water to a rolling boil. Shuck corn and remove all the hair. Rinse. Place corn in boiling water and continue to cook between 3 and 4 minutes.

### **For the Adzuki Bean Salad:**

2 15 oz. cans of Organic Adzuki Beans

2 cloves garlic, minced

½ medium onion, chopped fine

½ red bell pepper, chopped

¾ cup Tomato, diced

1 carrot, small dice

3 TBS. extra virgin Olive Oil

1 TBS. fresh lemon juice

½ TBS. Dried Oregano

Sea Salt and Pepper

**DIRECTIONS:**

Drain and rinse your beans really well.

Combine all the ingredients in medium sized mixing bowl.

**For the Zucchini Chips:**

Zucchini – sliced very thin

Spray Olive Oil

Sea Salt

Pepper

Smoked Paprika – as desired

Cayenne Pepper – as desire

**DIRECTIONS:**

Preheat oven to 225°

Slice your zucchini as thin as you can. If you need to use a food processor or mandolin for even cutting, please do.

Place zucchini between two layers of paper towel and press out as much water as possible.

Lay zucchini rounds on cookie sheet on layers of parchment. DO NOT OVERLAP. Either spray or brush lightly with olive oil. Season lightly with salt, paprika, cayenne pepper, and pepper. I emphasize LIGHTLY!

Bake for 2 hours until they are not soggy and reach the desired crispness that you desire.

