

## Corn at the Plate

By Suzie Iventosch

It's funny how stories evolve. You'll be talking to someone about a certain subject, one thing leads to another and soon a new story is brewing, or, in this case, a new summer salad recipe.

Catherine Dieterich, President of the Lombardy Branch of Children's Hospital recently teamed up with her husband Bill and good friend Tony La Russa to bottle and distribute the traditional Dieterich family "secret" salad dressing. The original dressing was the invention of Bill's grandmother Nellie more than 100 years ago.

Nellie Dieterich, who moved to Orinda in the 1930s, created this dressing and bottled it in empty bourbon bottles for family and friends. The recipe passed through the generations, and when Bill was first dating Catherine, he invited her to dinner and was about to dress her salad, when she tried to stop him.

"I'm northern Italian and we always dressed our salads with straight olive oil and vinegar – never dressing out of a bottle," she said.

But Bill convinced her to try it, and she loved it!

"He marinated steaks in the dressing that night and tossed the salad with it, too," she remembers.

"After that, I was hooked!"

For years, Catherine and Bill made the dressing for friends and family, bottling it in wine bottles – not so many bourbon drinkers these days. One morning over breakfast, Bill and Tony La Russa, of baseball fame, got the idea to market the dressing as a way to fund philanthropies that were dear to each of them.

La Russa provides shelter and care for rescued animals through his Animal Rescue Foundation, (ARF), while the Dieterich Family Charitable Fund supports a variety of children's programs from youth medical care to sports programs.

Recently, At-the-Plate added a balsamic dressing to its repertoire. Both dressings are all-natural and vegetarian, with no trans-fat and no artificial flavors or colors. They are available for purchase at Diablo Foods in Lafayette, David M. Brian and Whole Foods in Walnut Creek, and Dreager's Market in Danville. And for those who have family in the Midwest, the product is also sold through the 90-store Snuck's Market chain.

For more information on these products please visit [www.at-the-plate.com](http://www.at-the-plate.com)

## At-The-Plate Fresh Corn Salad with Nellie's Original Salad Dressing



### Ingredients

- ½ cup At-the-Plate Original Salad Dressing
- 6 ears fresh corn on the cob (or approximately 2 cups)
- 2 tablespoons olive oil
- 1 tablespoon green onions, coarsely chopped
- ½ cup red bell pepper, diced
- ½ cup orange bell pepper, diced
- 1 mild red chili pepper, diced
- 1 tomato, chopped
- 2 teaspoons fresh lime juice
- 1/3 cup fresh basil, chopped
- Salt and pepper to taste
- My additions:
- 1/3 cup fresh cilantro, chopped
- 2 tablespoon red wine vinegar
- ½ cup sharp cheddar cheese, grated

### Directions

Cook corn and slice kernels from cob. (Can be prepared a day or two ahead and refrigerated)

Place all ingredients, except corn, olive oil, and dressing, in a large salad bowl and toss. Heat the olive oil in a large skillet. Add corn and sauté over medium-high heat for about five minutes, or until golden-brown. Remove from pan and add to ingredients in salad bowl. Toss all together with the dressing, or drizzle dressing over individual servings. Serve in a butter leaf lettuce cup along with warm French bread.



From left, Catherine Dieterich, Elaine LaRussa (Tony's wife) and Billy Dieterich at the Paws on Broadway event in Walnut Creek

Photo courtesy of subjects