

RECIPE



CORN, AVOCADO AND TOMATO SALAD

Ingredients:

- 2 med corn on the cob
- 1 med avocado, diced
- 7 oz grape tomatoes, halved
- 2 scallions, finely chopped
- 2 tbsp cilantro or parsley, chopped
- 2 tbsp lime juice
- 3 tbsp extra virgin olive oil
- kosher salt, to taste
- freshly ground black pepper, to taste

DIRECTIONS:

In a shallow pot, bring water to boil, salt & cook to cobs for approximately 10 minutes. Drain and set aside.

In a large mixing bowl combined the lime juice extra virgin olive oil, salt & pepper and whisk to combine well. Set aside.

To remove kernels, place a small bowl upside down inside a larger bowl and stand the cob up on its base. Run a knife down the sides of the ear of corn as close to cob as possible removing all the kernels. They will fall into the larger bowl down the sides of the smaller bowl. Then you can scoop them out.

Place the kernels, avocado, scallions and cilantro in the mixing bowl with the dress on the bottom and toss all ingredients gently to combine.

Serves: 2

