

Avocado, Tomato & Corn Salad

Yield: 4-8 servings Prep Time: 10 min Total Time: 1 hour

Summer in a salad - fresh avocados, cherry tomatoes & sweet corn, mixed with red onions and lime juice. Perfect for a holiday picnic or summer potluck!

ingredients:

- 1 1/2 cups corn (cut from 2-3 ears or frozen/thawed)
- 2 tsp. grapeseed oil (you can use canola, etc.)
- 2 avocados, peeled and diced
- 1 pint cherry tomatoes, halved
- 1/2 cup diced red onion
- 1 lime, juiced
- 1/2 tsp. salt
- 1/4 tsp. pepper

directions:

Heat a grill pan over medium-high heat and brush a light layer of oil on the pan. Add the corn to the grill pan and cook for about 10 minutes, until the corn is lightly browned, stirring occasionally.

Combine the avocados, tomatoes, toasted corn, and red onion in a large bowl. In a small bowl, mix the lime juice, salt and pepper. Pour over the veggies and stir until combined. Refrigerate the salad for at least 45 minutes, up to 4 hours. Serve cold.

Cassie's notes:

To prepare the day or night before: prepare as instructed above, except do not add the avocados. When ready to serve, add the peeled & diced avocados and stir to combine with the other ingredients. The avocados can be added in advance, but will start to brown if the salad is left to chill overnight.

