

Avocado Corn Salad



Ingredients:

- 3 ears sweet corn
- 1 bell pepper, diced
- 1 small red onion, diced
- 3 tablespoons canola oil
- 1 tablespoon lime juice
- 1 tablespoon red wine vinegar
- 1/4 teaspoon cayenne
- 1/4 teaspoon black pepper
- 1 cup cilantro leaves
- 2 avocados, chopped

Directions:

1. Cut the corn kernels from the ears of corn.
2. Add the corn, bell pepper, and onion to a large bowl.
3. In a small bowl, combine the salt, pepper, cayenne, lime juice, vinegar, and oil.
4. Pour the dressing over the corn mixture and toss to coat.
5. Gently stir in the avocado chunks.
6. Serve at room temperature.

Makes 8 servings



Tarrant County Public Health
<http://health.tarrantcounty.com>