

Fresh Corn, Avocado, and Tomato Salad (+Video)

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Servings: 6

Ingredients

- 2 cups cooked corn, fresh or frozen (see Note)
- 1 pint cherry or grape tomatoes, halved
- 1/2 cup finely diced red onion
- 1-2 avocados, cut into 1/2-inch cubes

Dressing:

- 2 tablespoons olive oil
- 1/2 teaspoon grated lime zest
- 1 tablespoon fresh lime juice
- 1/4 cup chopped cilantro
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Steps

1. Combine the cooked corn (see note on how to cook), tomatoes and onion in a large glass bowl. Mix together the dressing ingredients in another bowl, pour over the salad, and gently toss to mix. Chill salad for an hour or two to let flavors blend. Add avocados right before serving so they don't brown. Adding a squirt of lime directly to them will help them not brown.

Notes

- Fresh corn is really best to use here.
- There are many ways that you can cook corn and here are the ways how:
- Bring a pot of water to boiling and boil the corn for 3-5 minutes.
- Grill the corn over medium high heat for 3-5 minutes.
- Keep the corn in its husk and microwave for 3-5 minutes. It steams the corn.
- Cut the corn off the cob and saute in a pan with a little oil for 3-5 minutes.