



Fresh Corn, Cherry Tomato & Avocado Salad

Prep: 25 minutes

Cook: 3 minutes • Serves: 6

- 6 medium ears of corn, silks and husks removed
- ¼ cup extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- ¼ teaspoon ground red pepper
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 cups halved cherry tomatoes
- ½ cup finely chopped red onion
- 2 tablespoons chopped fresh chives
- 1 large avocado, cut into ½-inch pieces
- ⅓ cup small whole basil leaves

1. Heat large covered saucepot of salted water to boiling over high heat. Add corn and cook 3 minutes or until corn is crisp-tender. Rinse corn with cold water; drain and cut kernels from cobs.

2. In large bowl, whisk together oil, lemon juice, mustard, red pepper, salt and black pepper; stir in tomatoes, onion, chives and corn. Fold in avocado and basil. Makes about 6 cups.

Approximate nutritional values per serving:

*251 Calories, 15g Fat (2g Saturated), 0mg Cholesterol,
121mg Sodium, 29g Carbohydrates, 6g Fiber, 5g Protein*