



# Corn, Avocado and Tomato Salad

You will need some parent help for this cooking experience.

## Ingredients:

### Salad

2 cups cooked corn, fresh or frozen  
olive oil  
2 avocados, diced into 1/2 inch pieces  
fresh lime juice  
1 pint cherry tomatoes, halved  
lime zest

### Dressing

2 Tablespoons

1 Tablespoons

1/2 tsp. grated

1/2 cup finely  
diced red onion 1/4-1/2  
cup chopped fresh  
cilantro

1/4 tsp. salt

1/8 tsp. pepper

## Directions:

- 👩🍳 Combine salad ingredients in a bowl
- 👩🍳 Whisk together dressing ingredients
- 👩🍳 Pour over salad and toss gently
- 👩🍳 Let sit 1 hour in fridge



This is a yummy summer salad. Especially made with fresh corn that you take off the cob yourself and homegrown tomatoes. It is refreshing alone or as a side dish.