

Healthy Recipe of the Week
Use organic ingredients whenever possible.

Tomato, Corn and Avocado Salad

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Serves 4

1 ear corn (husk and silk removed; tip cut off)
2 pints cherry, grape or pear tomatoes, halved, or
quartered if large
1 avocado, halved, pitted, peeled, and diced
2 scallions, thinly sliced
2 tablespoons fresh lime juice
1 tablespoon vegetable oil, such as safflower
coarse salt and ground pepper

Stand ear in a large wide bowl; with sharp knife, carefully
slice downward to release the kernels. Discard cob. Add
tomatoes, avocado, scallions, lime juice, and oil to bowl.
Season with salt and pepper, and toss gently to combine.