

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Corn, Tomato and Avocado Salad

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### FOR THE DRESSING:

1 ½ cups packed fresh cilantro  
½ cup good-quality extra-virgin olive oil  
2 tablespoons fresh lime juice  
1 teaspoon finely grated lime zest  
Salt and freshly ground pepper

### FOR THE SALAD:

4 ears corn, kernels removed (about 3 cups)  
1 ½ pounds grape tomatoes, halved (about 3 cups)  
1 pound fresh mozzarella, diced  
2 medium avocados, diced

Combine the dressing ingredients in a blender, using 2 teaspoons salt, and pepper to taste, process until smooth. Combine the salad ingredients in a large bowl and toss with the dressing. Let sit at least 15 minutes before serving, or cover and refrigerate for up to 4 hours.