



Grilled Corn and Tomato Salad



Makes 10 servings. Each ½ cup serving has 140 calories, 10 g fat, 2 g protein, 12 g carbohydrate, 4 g fiber and 10 mg sodium.



Cook time: 20 minutes Prep time: 10 minutes

DIRECTIONS:

INGREDIENTS:

- 4 ears sweet corn
- 1 garlic clove, minced
- 1 jalapeño seeds and ribs removed, minced
- Zest and juice of 1 lime
- ¼ c. canola oil
- 2 ripe avocados halved, pitted, peeled and diced
- 1 c. cherry tomatoes, quartered
- 6 scallions thinly sliced
- ½ c. finely chopped fresh cilantro leaves
- Salt and pepper to taste



Grill corn until tender, about 20 minutes. Let cool and remove kernels.



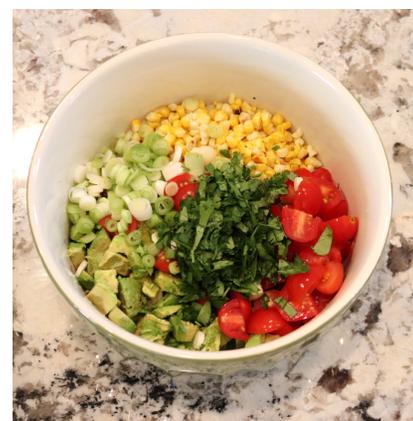
In a bowl, add garlic, jalapeño and lime zest.



Next add lime juice and canola oil. Whisk to combine.



Add corn, avocado and tomatoes to the bowl.



Add scallions and cilantro and salt and pepper to taste.



Gently stir to combine.