



# CORN, AVOCADO, AND TOMATO SALAD

SERVINGS: 4-6

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## INGREDIENTS

2 cups corn  
1 cup grape tomatoes,  
halved  
1/2 small red onion,  
chopped  
1 jalapeno pepper, seeded  
and finely chopped  
2 tbsps fresh lime juice  
1 tbsp olive oil  
1 tsp ground cumin  
salt and pepper  
1 avocado, cut into 1/2-inch  
pieces  
1/4 cup chopped fresh  
cilantro

## DIRECTIONS

In a bowl, combine the corn, tomatoes, onion, and jalapeno.

In a bowl, combine the lime juice, oil and cumin. Drizzle the dressing over the salad to lightly coat and stir gently to combine. Season with salt and pepper. Add avocado and cilantro and stir gently to combine.

PER SERVING  
CALORIES - 180  
PROTEIN - 4 G