Corn and Avocado Salsa

Fresh corn makes all the difference in this dish, and it doesn't take that much. I love it as a dip for chips but it also makes a great salad entree.

Ingredients

- 3 ears of fresh corn, husks and silks removed; kernels cut off
- 1 to 2 avocados, peeled, pitted and cubed
- 1 small red onion, ¼-inch dice
- 1 cup fresh diced tomato (or quartered cherry tomatoes)
- 1 sweet bell pepper, seeded and diced
- 1 clove of garlic, minced
- ¼ cup of chopped cilantro
- Juice of 1 lime (save the zest for garnish)
- 2 Tbsp olive oil
- 1 tsp sea salt
- ¼ tsp black pepper

You will need a large bowl with a fitted lid.

Instructions

1. Fold all ingredients in a large bowl, making sure the avocado is well incorporated to keep it from browning. Season to taste.
2. Cover; chill at least 1 hour.

Options

- You can add up to 1 cup of drained and rinsed black beans.
- 1 small jalapeno pepper, seeded, and chopped can be added.

Notes:

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