

Corn and Tomato Summer Salad

Instructions

1. Grill or boil corn until tender. When cooled, trim the corn and place it in a medium-sized bowl.
2. While cooking the corn, whisk the lemon juice, olive oil, basil, salt, pepper, and desired amount of white wine vinegar in a small bowl and set aside.
3. Cut all of the grape tomatoes into halves and add them to the bowl of corn. Chop the red onion and add it to the corn and tomatoes.
4. Drain and rinse the beans, then add them to the bowl of vegetables. Pour the dressing over the salad and mix thoroughly.
5. Peel the avocados and chop them into small pieces. Gently mix them into the bowl. Season with salt and pepper to taste.

Ingredients

- 4-5 ears of corn
- Juice from 1 lemon
- 2 tbsp olive oil
- 1 tsp basil, chopped
- Salt and pepper, to taste
- 1-2 tbsp white wine vinegar
- 1 package of grape tomatoes
- 1 red onion
- 1 can of cannellini beans
- 2 avocados

Grocery List

Produce

- Corn
- Lemon
- Basil
- Grape tomatoes
- Red onion
- Avocados

Canned Goods

- Cannellini beans

Pantry

- Olive oil
- Salt and pepper
- White wine vinegar