

**Cleveland County Kitchen - July 2019**  
**Food of the Month – Sweet Corn**  
**Recipe – Corn Avocado Salad**  
**Chefs: Cheryl & Jeff Yates**



**Prep Time: 15 minutes**

**Cook Time: 20 minutes**

**Yield: 8 servings**

**Ingredients**

- 3 ears of corn (2 cups)
- 1 lb. cucumbers, sliced
- 1 lb. grape or cherry tomatoes, cut in halves
- 3 medium-large avocados, cubed
- 3 green onion sprigs, finely chopped
- 1 lime, zest and juice of
- 2 Tbs. olive oil, extra virgin
- ½ tsp. salt
- Ground black pepper, to taste

**Directions**

1. Cook corn by boiling it for 15 minutes or by grilling on medium heat for 20 minutes, turning every 5 minutes. Or even better, make Instant Pot Corn in 2 minutes! Let cool and remove corn kernels off the cob.
2. In a large salad bowl, add corn, cucumber, tomato, avocado, green onion, lime zest and juice, olive oil, salt and pepper. Stir gently and serve cold.

**Store:** Refrigerate covered for up to 1 day.

**Make Ahead:** Add all ingredients, except avocado, to a bowl. Cover and refrigerate for up to 24 hours. Add diced avocado and stir right before serving.

**Made Available by:**

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