

## Charred Corn, Avocado, and Tomato Salad

Estimated Time: 15 minutes

Servings: 6

### Ingredients

5 ears of corn or 1 bag frozen corn ½ red onion

1 large or 2 small avocado

1 cup grape tomatoes

1 lime

½ teaspoon olive oil

coarse sea salt

1 teaspoon maple syrup, honey, or natural sweetener

1 cup of fresh cilantro, chopped

Protein of your choice (shrimp, grilled chicken, or flank steak), if desired

### Directions

1. Preheat your broiler to medium-high
2. Shuck your corn and remove the silks.
3. Cut the kernels from the cob with a knife and set them aside in a bowl. (If using frozen corn, simply remove from bag follow the remaining steps.) Toss olive oil to evenly coat. Transfer to a sheet pan (you can line with foil for easy cleanup) or large skillet and spread out in an even layer.
4. Broil the corn for 3 to 5 minutes, shaking the pan a few times, or until charred spots begin to appear. Remove pan from oven and allow corn to cool a few minutes.
5. While corn is cooling, prepare remaining salad ingredients.
6. Dice avocado and red onion and place in bowl.
7. Cut grape tomatoes in half and add to bowl.
8. Zest lime (making sure not to include the pith (white part), cut lime in half and add juice to salad.
9. Drizzle maple syrup or honey and ¾ tablespoon coarse sea salt into mixture.
10. Add corn to salad.
11. Chop cilantro and carefully mix all ingredients to evenly distribute. If entertaining and serving to guests, add avocado last and immediately before serving. If desired, you may also add protein such as shrimp, grilled chicken or flank steak.