Treasure Barrel

Summer Corn Salad With Avocado

Vibrant summer corn salad with creamy avocado, sweet corn, and a tangy lime dressing—perfect for a sunny

15 min	15 min	4	Easy	American
Prep time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups fresh corn kernels (about 3 ears)
- [ ] 2 ripe avocados, diced
- [ ] 1 red bell pepper, finely diced
- [ ] 1/4 cup red onion, minced
- [ ] 1/4 cup fresh cilantro leaves, chopped

Dressing

- [ ] 3 tbsp fresh lime juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp honey or agave
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Shuck the corn and slice the kernels off the cob; set aside in a large bowl.
2. Dice the avocados and bell pepper, then add them to the bowl with the corn.
3. In a small jar, whisk together lime juice, olive oil, honey, salt, and pepper; let it sit for a couple minutes.
4. Pour the dressing over the vegetable mixture, gently toss to coat, and fold in cilantro just before serving.
5. Taste and adjust seasoning; serve chilled or at room temperature.

Nutrition per serving

320 kcal	6 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the avocado browns, add a splash more lime juice and toss gently.
- For extra crunch, sprinkle toasted pumpkin seeds on top.
- Oops, be careful not to over-mix; the avocado should stay in chunks.