



The Dietitian's DISH



Once You Hack... You'll Never Go Back!



Whether you're preparing for a picnic or party, or just a family dinner, having some quick kitchen hacks in your repertoire is **A MUST!** The freshness of corn on the cob in summer is something you can't pass up. There are many recipes to use corn off the cob, but preparing it can be quite messy.

HACK: If you have a Bundt pan, use the center to hold the end of the cob while you cut the kernels off. They'll drop into the pan for easy clean-up.

Take advantage of the sweetness of fresh summer corn instead of canned or frozen – it'll elevate the flavor of any recipe!

Using this kitchen hack for cutting corn off the cob will make this side salad a cinch to make for your next summer gathering or even on a busy weeknight.



Summertime Avocado Salad

Ingredients:

- 2 medium ears corn
- 1 cup grape tomatoes, halved
- 1 cup chopped cucumbers
- 1 cup chopped red bell pepper
- 1 Tbsp. diced red onion
- 2 scallions, sliced
- 2 large avocados*, chopped
- 1 Tbsp. extra virgin olive oil
- 1/2 Tbsp. lemon juice
- 1/2 Tbsp. lime juice
- 1/2 Tbsp. honey
- 1 Tbsp. fresh cilantro, chopped
- 1/2 tsp. salt

Directions:

1. Blanch the corn for 2 minutes in boiling water. Transfer the corn to a bowl of cold water. Cut the corn off the cobs and place it in a large bowl.
2. Add the tomatoes, cucumber, bell pepper, and onion to the bowl. Stir to combine, then add the chopped avocado and scallions.
3. Mix together the oil, juices, honey, cilantro and salt in a small bowl to make the dressing. Pour over the salad and stir gently to combine. Serve immediately.

* A large avocado weighs ~8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.

CREDIT: Recipe and image adapted from CaliforniaAvocados.com.