



READ[®]

MEXICAN AVOCADO, CORN AND THREE BEAN SALAD

SERVES: 10 SERVINGS | **PREP & COOK TIME:** 20 MINUTES

INGREDIENTS

- 1 tablespoon olive oil
- 1 Vidalia or other sweet onion, diced
- 1 red bell pepper, finely diced
- 2 cans (15 ounces each) READ Classic 3 Bean Salad, rinsed and drained
- 1 avocado, diced
- 1 cup cooked corn kernels (fresh, frozen or canned) see note

DRESSING

- 2 tablespoons olive oil
 - 1 tablespoon fresh lime juice
 - 1/4 cup chopped fresh cilantro
 - 1/2 teaspoon finely minced garlic
 - Freshly ground pepper to taste
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INSTRUCTIONS

1. For dressing, in a large bowl, combine 2 tablespoons olive oil, lime juice, cilantro, garlic and pepper. Set aside.

2. For salad, place one tablespoon olive oil in a medium skillet over medium high heat. When the oil is hot, add the onion, and cook about 5 minutes until it is tender and lightly browned. Add it to the bowl with the dressing.
3. Add the bell pepper, drained 3 Bean Salad, avocado, and corn to the bowl, and gently toss to combine. Taste and add additional pepper if desired.

Note: Two ears should yield a generous cup of corn kernels. You can cook fresh corn a couple of ways: grill ears of shucked corn on a grill, over medium heat, turning the corn so that all sides become lightly brown, about 6 minutes total. Let cool and cut the kernels off. Or, steam the shucked ears for 5 minutes in a small amount of simmering water, then drain, cool, and slice the kernels from the cob. For frozen, follow package directions. For canned, drain and rinse. If you want to heat either frozen or canned kernels in a hot skillet for a few minutes to brown slightly that adds additional flavor and visual appeal.

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