

10 REFRESHING SUMMER SALADS FOR HOT DAYS

CORN & AVOCADO SALAD

INGREDIENTS

- 2 CUPS SWEET CORN
- 2 RIPE AVOCADOS
- 1 RED BELL PEPPER
- ¼ CUP RED ONION
- JUICE OF 1 LIME
- 2 TABLESPOONS CILANTRO (OPTIONAL)
- SALT & PEPPER

DIRECTIONS

1. COMBINE CORN, AVOCADO, PEPPER, AND ONION.
2. TOSS GENTLY WITH LIME JUICE.
3. SEASON WITH SALT AND PEPPER.
4. SERVE IMMEDIATELY.

SIMPLE TIPS

- DELICIOUS WITH GRILLED SHRIMP OR CHICKEN.
- ADD BLACK BEANS FOR EXTRA PROTEIN.

NUTRITION INFORMATION

MAKES: 6 SERVINGS **SERVING SIZE: 1 CUP**
PER SERVING (APPROX.)

CALORIES: 190

PROTEIN: 4G

CARBS: 17G

FAT: 13G

FIBER: 6G

SUGAR: 4G

SODIUM: 150MG

 RECIPE INFO

PREP: 15 MIN


COOK: NONE

TOTAL: 15 MIN

STORAGE

BEST ENJOYED THE SAME DAY.

REFRIGERATE UP TO 2 DAYS.

 PAIRS WELL WITH

- GRILLED STEAK
- CHICKEN
- FISH

SIMPLE LIFE TIP

ADD AVOCADO JUST BEFORE SERVING FOR THE FRESHEST TEXTURE.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

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