

Helergon Kitchen

# Summer Corn Salad with Avocado

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| **15 min**<br>Prep time | **15 min**<br>Total time | **4**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | |

## Ingredients

### Main Ingredients

- [ ] 2 cups fresh corn kernels (about 3 ears)
- [ ] 1 large ripe avocado, diced
- [ ] 1/2 red bell pepper, finely diced
- [ ] 1/4 cup red onion, minced
- [ ] 1/4 cup fresh cilantro, chopped
- [ ] 2 tbsp extra-virgin olive oil
- [ ] Juice of 1 lime
- [ ] Salt and black pepper to taste

### Optional Enhancements

- [ ] 1 tsp honey or maple syrup
- [ ] Pinch of crushed red pepper flakes
- [ ] 1 tbsp toasted pumpkin seeds for crunch

## Instructions

1. If using fresh corn, shuck the ears and cut the kernels off with a sharp knife; if frozen, thaw and pat dry.
2. In a large bowl, combine corn, diced red bell pepper, minced red onion, and chopped cilantro.
3. Dress the mixture with olive oil, lime juice, honey (if using), salt, and pepper; toss gently to coat.
4. Just before serving, fold in the diced avocado carefully so it stays in nice chunks.
5. Sprinkle with crushed red pepper flakes and toasted pumpkin seeds if desired, then serve immediately.

### Nutrition per serving

| 210 kcal | 5 g | 20 g | 14 g |
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| Calories | Protein | Carbs | Fat |

**Tips & notes**

- Serve the salad chilled or at room temperature for the best texture.
- If the avocado browns, add a splash more lime juice and give a gentle toss.
- Adjust seasoning after the avocado is added; the fruit can mellow the salt.