

Good Vibrations Corn Avocado Salad

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 3 ears of corn
- 2 ripe avocados, pitted and cubed
- 2 cups grape tomatoes, halved
- 1 sweet pepper, chopped
- 1/4 cup fresh mint and basil (or more!)
- Juice from 2 limes
- 3-4 tbsp extra-virgin olive oil (evoo)
- Pink or sea salt to taste
- Optional: 1 tsp cayenne powder
- Optional: 1 cup chickpeas

Instructions:

1. Bring a large pot of water to a boil. Boil corn for 3-5 minutes until crisp but not mushy. Remove from water and let cool before cutting kernels off.
2. Using a large salad bowl, add the corn, cubed avocado, tomatoes, sweet pepper, herbs, lime juice, evoo and salt. Add the cayenne and chickpeas if using.
3. Stir together and store in the fridge until serving. Eat it the same day you make it before the avocados brown.

Notes:

Serves 4.