Sweet Corn + Avocado Salsa

**INGREDIENTS**

1 cup frozen sweet corn kernels, thawed or freshly shaved from the cob
2 avocados, cut into ¼ inch chunks
¼ cup red onion, diced small
1 Tablespoon jalapeno pepper, minced (adjust to taste)
½ cup black beans, canned, drained and rinsed (optional)
2 limes, juiced
2 Tablespoons cilantro, chopped
1 Tablespoon salt
½ tsp black pepper

**PEAK SEASON**  |  August–September
DIRECTIONS

1. Combine corn, onion, jalapeno, black beans if used, lime juice, cilantro, and salt and pepper in a bowl. Mix to combine.

2. Cut avocado gently around the pit, and split in half. Remove the pit. Score down and across to create a grid on each avocado half, then scoop out with a spoon. (If you prefer to cut avocados differently, do what you feel is safest.)

3. Mix gently and serve. Taste before you do – fresh vegetables can take more salt to taste right than you might expect.

Nutrition tip:
Corn contains vitamin C, B vitamins and potassium. It has antioxidants linked to eye and skin health. Corn is high in dietary fiber.
Avocados contain omega-3 fatty acids, which reduce inflammation, improve cholesterol, and act as an antioxidant.

Recipe provided by Eastern Market Chef Aaron Egan