



## Mexicana Sweet Corn Salad

### From the kitchen of B.J. Thompson

- 4 cobs of sweet corn
- 1 red pepper, cut into chunks
- 3 green onions, thinly sliced
- 1 C chick peas, rinsed and drained
- 1 avocado, cut into chunks
- 1 C feta cheese, crumbled

### Lime Salad Dressing

- ½ C sunflower oil
- 2 limes, juiced
- 1 jalapeno, minced
- 1 garlic clove, minced
- ½ t cumin
- black pepper to taste

1. Bring a large pot of water to boil. Add corn and cook for 4 minutes. Plunge the corn cobs into an ice bath. This will halt the cooking process of the corn kernels. When the cobs are cooled down, drain and slice the kernels off the cobs.
2. In a large bowl, mix together the sweet corn, red peppers, green onions, chick peas, avocado and feta cheese.
3. Mix all the ingredients for the dressing together. Add to the salad and stir well.
4. Garnish with fresh cilantro (if desired.)