

Mexican Chopped Salad

2 cups of fresh or frozen corn
1 can of black beans, rinsed and thoroughly drained
1 tomato, diced
¼ cup of finely diced red onion
1 bunch of cilantro, roughly chopped
1/3 cup of crumbed Cotija cheese
2 limes, zest and juice
some olive oil
salt and pepper
1 avocado, seeded and diced
1 head of lettuce (I used green leaf lettuce), diced

If using fresh corn, boil the cobs for about 3-4 minutes and rinse with cold water to stopping the cooking. Remove kernels from cob. If using frozen corn, microwave for about 5 minutes and rinse with cold water and thoroughly drain.

Mix together, corn, black beans, tomato, red onion, cilantro, cheese and lime zest. Dress with juice of one lime, olive oil, salt and pepper. Put diced avocado on top of mixture. Squeeze half of lime over it. Add lettuce and the rest of the lime and a little more olive oil. Carefully toss, avoiding the avocados as much as possible. Serve with tortilla chips or strips.

(Servings: 2, Prep time: 30 min., Cook time: 0 min., Difficulty: Easy)