

RECIPE | TOMATOES

# TOMATO AND CORN SALAD



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Recipe created by *Heather Englund*



## INGREDIENTS

- 1 dry pint** Pure Flavor® Sangria® Medley Tomatoes, cut in half
- 4** corns on the cob (husks left on)
- 2** avocados, diced
- ¼ cup** fresh basil, minced
- 3 tbsp** extra virgin olive oil
- 2 tbsp** lemon juice
- 1½ tbsp** honey
- ½ tsp** sea salt
- Extra basil to serve, optional

## DIRECTIONS

- 1** Soak the corn fully in water for at least 10 minutes. After 10 minutes, heat barbecue to medium-high heat. Add the corn and grill for 10-15 minutes, rotating every 5 minutes to evenly cook the corn.
- 2** Set aside to cool slightly, then peel husks off the corn. Carefully slice the corn off of the cob with a knife and add to a bowl.
- 3** Add the diced tomato and avocado in with the corn.
- 4** Into a small bowl, add the extra virgin olive oil, lemon juice, honey, minced basil, and sea salt. Whisk until fully combined.
- 5** Pour the dressing over the corn, tomato, and avocado and toss to combine. Serve with extra minced basil if desired.



**25 min**

**15 min** | **10 min**  
PREP. | COOKING



**2**



**easy**