

AUGUST: Avocado and Grilled Corn Salsa •

Prep time: 20 mins. Servings: 4 servings



Ingredients:

- 2 large avocado, diced
- 1 cup local sweet corn, *grilled and cut off the cob (about sm. 2 ears)
- ½ cup quartered grape tomatoes
- 2 tablespoons chopped fresh cilantro
- 2 ½ teaspoons lime juice
- ¼ teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon smoked paprika
- 1/8 teaspoon cumin (optional)
- Lime wedges, for serving
- Corn chips / crema or sour cream

Directions:

Toss avocado, corn, tomatoes, cilantro, and lime juice in a medium bowl. Add spices and mix. Transfer to a festive bowl for serving. Serve with corn chips and crema.

***Notes:** To grill fresh local sweet corn: Place cleaned ears on individual tin foil sheets. Drizzle with olive oil and season with sea salt. Roll foil and crimp ends to seal. Grill at medium heat turning every 5 mins for a total of 10 minutes. Remove from grill and let sit to steam for 10 minutes. Remove foil and cool.



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HOME SURVEY: Fill out and return this survey to your homeroom teacher.

1. Did your children help prepare this recipe?
(circle one) YES NO
2. Did your family enjoy preparing this month's featured recipe?
 YES NO
3. Is this the first time your family members have tried this vegetable / fruit?
 YES NO
4. Did your family members learn new facts or information about this month's fruit or vegetable?
 YES NO
5. Did your family like this month's featured item?
 YES NO