

Black Bean, Corn, and Avocado Dip



Ingredients:

- 3 ears fresh corn on the cob
- 1 red onion
- 2 tomatoes
- 2 jalapeños peppers
- 1 can black beans, drained and rinsed
- 2 haas avocados
- ¼ cup olive oil
- 2 limes
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt

Begin the dip. Remove the husk and silk from the corn and place in a pot of boiling water. Boil for 3 minutes then remove and let cool. Now chop all the veggies. Dice up the red onion. Remove the seeds and the insides from the tomato, then dice. Remove the seeds and the white ribs inside the jalapeños, then mince up very small.

Add all the veggies, plus the drained and rinsed black beans, into a large serving bowl. Now chop the corn off the cob and add to the bowl.

Make the dressing: pour ¼ cup olive oil into a small bowl. Add the zest of 2 limes, then the juice from the limes into the oil. Add ¼ teaspoon cayenne pepper, and ½ teaspoon salt. Whisk up, and then pour over the veggies and stir. Do not add the avocado until you are ready to serve the dip. You can make the dip in advance and place in the fridge, the longer it sits in the dressing, the better the flavors will get. Once you are ready to serve it, add in chunks of avocado and toss everything together.