

Avocado, Corn and Bean Salad with Basil Vinaigrette



Prep Time: 5 min
Inactive Prep Time: 1 hr 0 min
Cook Time: 15 min
Level: Easy
Serves: 6 servings

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Ingredients

Salad:

- 2 ears fresh corn or 1 cup frozen corn, thawed
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 1 bell pepper, cored, seeded, and cut into 1/2-inch pieces
- 1 small cucumber cut into 1/2-inch pieces
- 1 ripe tomato cut into 1/2-inch pieces
- 1 avocado, peeled, seeded, and cut into 1/2-inch pieces

Vinaigrette:

- 2 limes, zested and juiced
- 2 tablespoons balsamic vinegar
- 1/2 cup chopped fresh basil leaves
- 1 clove garlic, minced or pressed
- 1 teaspoon ground cumin
- 1/3 cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper

Directions

For the salad: In a medium bowl, mix together the corn, black beans, garbanzo beans, bell pepper, cucumber, and tomato. Reserve the avocado. You will toss it in the vinaigrette before adding it to the salad.

- To grill the corn indoors: Preheat stovetop grill pan. Remove the husks and silks. Spray with cooking spray and grill, watching carefully and turning often. Cool completely. Using a sharp knife, remove the corn kernels.
- To grill outside: Preheat a gas or charcoal grill. Peel back the corn husks. Remove the silks and replace the husks. Soak the corn in cold water for 30 minutes. Drain and place on the grill for 10 to 15 minutes. Cool completely and remove the husks. Using a sharp knife, remove the corn kernels.

For the vinaigrette: In a small bowl, combine the lime zest, lime juice, balsamic vinegar, basil, garlic and cumin. Slowly add the oil, whisking constantly until the mixture thickens. Season with salt and pepper, to taste.

Add the avocado to the vinaigrette and toss well to coat. Pour the vinaigrette over the salad and toss well. Refrigerate for 1 hour, and toss again, before serving.

This packs and travels well with the avocado coated first in the dressing. Take it outside and enjoy!