

# Keeping It Healthy SUMMER SALAD

Use fresh ingredients from your garden.

CORN, TOMATO, CUCUMBER & RED ONION, AVOCADO, FETA,

- 4 ears corn, cooked
- 2 avocados, diced
- 2 cups cherry tomatoes, halved
- 1/2 cucumber (sliced with skin on)
- 1/2 red onion, finely diced
- crumbled feta (you choose amount)

## Dressing

- 2 TBSP fresh squeezed lemon juice
- 1 TBSP fresh parsley, chopped
- 1 tsp oregano
- 1 tsp Dijon mustard
- 6 TBSP EVOO (extra virgin olive oil)
- 1 tsp salt
- 1/2 tsp black pepper