

I could eat this salad every day during the summer! I got the delectable recipe from Shawn Askew, who works at Bella Bethesda hair salon (one of my favorite places to spend time). Serve with Whole-Wheat Dinner Rolls.

Fresh Corn, Tomato, and Avocado Salad with Shrimp

PREP (NO COOK): 20 MINUTES • SERVES: 8 • SERVING SIZE: 1 1/2 CUP

- 1 pound medium or large shrimp, peeled and deveined
- 2 cups cherry tomatoes, halved
- 2 avocados, peeled and cubed
- 2 ears corn, kernels sliced off (no need to cook if it's fresh sweet corn. If not, steam it for 3 minutes)
- 3 ounces reduced-fat feta cheese, cubed, or use Mexican queso fresco or cotija
- 1/4 cup fresh basil, slivered
- 1–2 tablespoons balsamic vinegar, to taste
- 1 tablespoon extra-virgin olive oil
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper, freshly ground, or to taste

DO AHEAD OR DELEGATE: Cook and refrigerate the shrimp, halve the tomatoes, remove the corn kernels from the cobs, or fully prepare and refrigerate the salad (wait to chop and add the avocado until just before serving).

1. Pan-fry, steam, or grill the shrimp until they are pink, 3–4 minutes total. (Meanwhile, warm the rolls, if you are serving them.) Combine all the ingredients except the shrimp in a large serving bowl. Serve the shrimp on top of the salad.



FLAVOR BOOSTER

Add 1/4 teaspoon celery seeds or cumin and 1 tablespoon fresh lemon or lime juice to the salad.