

Avocado Corn Salad



Recipe Rating	
Total Time	30 Minutes
Cooking Time	None
Total Labour	30 Minutes
Knife Skills	Basic

Equipment	
Chef's knife/Peeler/Cutting Board	
Whisk/Spatula	
Mixing Bowl or Pan	

Nutrition Facts	
Valeur nutritive	
Per 1 serv (135g) / par 1 serv (135g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	210
Fat / Lipides 16g	25%
Saturated / satures 1.5g	
+ Trans / trans 0g	8%
Cholesterol / Cholesterol	0mg
Sodium / Sodium 140mg	6%
Carbohydrate / Glucides 14g	5%
Fibre / Fibres 5g	21%
Sugars / Sucres 4g	
Protein / Proteines	4g
Vitamin A / Vitamine A	5%
Vitamin C / Vitamine C	80%
Calcium / Calcium	2%
Iron / Fer	8%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Avocado, Fresh, Diced	800 gm	1.8 Lbs.	1.6 Kg	3.6 Lbs.
Red Peppers, Fresh, Diced	350 gm	12.4 oz.	700 gm	1.6 Lbs.
Green Peppers, Fresh, Diced	350 gm	12.4 oz.	700 gm	1.6 Lbs.
Corn, Niblets	800 gm	1.8 Lbs	1.6 Kg	3.6 Lbs
Onions, Fresh, Red, Diced	300 gm	10.6 oz	600 gm	1.3 Lbs
Cilantro, Fresh, Chopped (or Parsley)	20 gm	0.7 oz	40 gm	1.4 oz
Pecans	400 gm	14.1 oz	800 gm	1.8 Lbs
White Pepper	10 mL	2 tsp	20 mL	1 1/3 Tbsp
Salt	5 mL	1 tsp	10 mL	2 tsp
Red Wine Vinegar	350 mL	11.8 fl oz	700 mL	23.6 fl oz

Method



1. **1.** Wash all vegetables thoroughly. Small dice: red pepper, green pepper, red onion. Fine chop the cilantro.
- Crush pecans (remove from recipe for nut allergies)



1. **2.** Combine all ingredients except for the red pepper and avocado.
- Preparing avocados - slice whole avocado in half and remove seed. Using a spoon scoop out inside of avocado from the external skin carefully to keep it intact, sprinkle lemon juice if needed to avoid browning.



3. **3.** Add red pepper prior to service and mix well.
- Mix in the avocado just prior to service to avoid crushing them, so they are visible in the salad.

4.



- Bulk:** Portion into service dishes or leave in bulk for dining room service.
- Cold Plating:** plate alone or as a side dish. Place on the cold side of the tray prior to service. Serve Cold.

Garnish: **Cilantro leaves (or parsley leaves)**

Food Accompany: **Appropriate entrée, such as Bruschetta Chicken**

