

Ensalada de Aguacate



Dressing (Makes about 1/3 cup)

2 tsp. apple cider vinegar

1 TBSP freshly squeezed lime juice (approximately ½ of a lime)

½ tsp. dried oregano

¼ tsp. brown sugar

¾ tsp. kosher salt

¼ tsp. black pepper

2 TBSP olive oil

2 TBSP canola oil

→Combine all of the ingredients in a small bowl. Using a fork or whisk, blend until emulsified. You can make the dressing up to 5 days in advance and keep it in the refrigerator.

Avocado Salad (Serves 6-8 people)

1 cup thawed frozen corn kernels (you could also use fresh corn)

1 14-ounce can hearts of palm, rinsed, drained, and cut into ½-inch slices

1 cup halved cherry tomatoes

3 large Hass avocados, halved, pitted, scooped out, and cut into chunks

→Bring a small saucepan of water to a simmer over medium-high heat. Add the corn and cook for 1-2 minutes, to heat through. Drain and set aside to cool.

→In a large salad bowl, combine the cooled corn, hearts of palm, and cherry tomatoes. Add the dressing and toss to combine. Gently fold in the chunks of avocado, taking care not to mash them.

NOTES:

- I've made this salad a couple of times thus far. The first time I bought whole hearts of palm and cut them into slices. I found that because hearts of palm tend to be kind of fibrous, my slices were not completely smooth and fell apart. The second time I bought pre-cut hearts of palm and simply tossed them into the salad. I liked them better because they didn't fall apart as easily.
- If you are taking this salad somewhere, I suggest that you toss all of the ingredients except for the avocados with the dressing. Cut the avocados up at the last moment and gently fold them in. This way they will stay a nice green color and they won't "melt" into the salad.

Recipe Source: Adapted Pati's Mexican Table Cookbook

