

Ranch Style Corn Relish

Courtesy of Carole's Creations

Prep Time: 15 minutes

Serves: 4 or more as a relish
or 3 summer salads

CChints: You can use the tomatoes of your choice. When using a large or beef steak type, remember to always include the seeds where most of the flavor resides. Always wash your fruits and vegetables before using them in any recipe. Select a Haas avocado with a dark skin. It is ripe when the flesh gives a little when you gently squeeze it. If it isn't quite ripe yet, put it in a small brown paper bag for a day to ripen. This is great as a compliment for grilled chicken or fish. Or serve a scoop on a bed of salad greens for a side salad.



1 cup corn, fresh or frozen, thawed
1/2 cup tomatoes, diced
1/3 cup sweet onion, Walla Walla or Vidalia
1/3 cup green bell pepper, diced
1/3 cup red bell pepper, diced
1/2 cup cucumber, seeded and diced
1 glove minced garlic, fresh or from a jar
1/4 cup reduced fat Ranch dressing
2 tablespoons any BBQ sauce
1/2 of a Haas avocado
Salt and pepper to taste
For a salad you'll need a bag of prewashed salad greens

Mix everything together in a mixing bowl but save the avocado for last so it doesn't get damaged. Gently fold in the avocado.

To cut it, slide the knife from the top down until you hit the seed. Gently run the knife around the avocado until you have cut it in half. Give it a gentle twist and the seed will stick to one of the halves. Gently stick your knife into the seed and twist the knife; the seed will pop out. Pre-cut the flesh before you take it out of its skin by running a knife through the flesh in 3 equal slices, slightly apart. Turn the avocado sideways and make 3 or 4 more slices. Use a large metal spoon to scoop out the flesh by inserting it against the skin and gently lift the flesh and it will come out already diced and ready to fold in with the other ingredients.

Relish: Add a small scoop to plates of grilled foods

Salad: Divide salad green on plates and top with scoops of the relish. There really isn't a need for a salad dressing because it's already in the relish.