

Green Beans with Corn, Avocado, and Mint

When I went to the store to buy the green beans, I scanned the produce to see what was freshest. The mint looked better than I had ever seen. The corn was mostly husked and wrapped and also looked great. I was good to go. Then I saw the avocados, and they were perfectly ripe. That was it. That is how I created this salad.



Ingredients

2 ears of fresh Corn on the cob, cooked then removed from cob
1 pound Green Beans, trimmed
1 Avocado, cut into bite-sized chunks
Fresh mint leaves, chopped
Extra-virgin olive oil
Juice from 1 Lime
Juice from 1/2 Lemon
Coarse salt and coarse ground pepper, to taste

Preparation

In a large pot of boiling salted water, cook the two ears of corn until crisp-tender, 8 minutes. Remove with tongs and place in a bowl of iced, cold water. Now add the green beans to the boiling water and cook until crisp-tender, about 2 minutes. Strain the green beans and place them in the iced, cold water.

Remove the corn from the water, pat dry, and cut the kernels from the cob. Transfer to the large bowl separating the kernels as you go. Strain the green beans from the ice water and roughly chop into bite-sized pieces. Transfer to the large bowl with the corn.

Regarding the fresh mint. I wanted a significant mint flavor, so I used the leaves of a half a bunch. You can use more or less depending on your preference.

Add the mint to the bowl. Drizzle with olive oil. (You can stop here and refrigerate until it is time to serve.)

Squeeze in the juice from lemon and lime then toss. Add in chopped avocado and very lightly toss again to incorporate.

Season to taste with salt, and pepper. Serve immediately.