

Tomato, Corn and Avocado Salad with Spicy Vinaigrette

Nutrition facts per serving:

176 calories, 4 g. protein, 15 g. carbohydrate, 12 g fat (2.3 saturated), 4g. fiber, 199 mg. sodium

1TBSP plus 1tsp. olive oil

¼ c diced pancetta

2 ears fresh corn, cut from the cob

½ lime, juiced

1 garlic clove, minced

1 jalapeno seeds & ribs removed and diced

4 basil leaves, torn

¼ tsp. salt & pepper

¼ c thinly sliced red onion

1 ½ c. cherry/grape tomatoes

1 avocado chopped

Heat 1 tsp. oil in skillet and cook pancetta until crisp. Drain on a paper towel lined plate. Add corn to the drippings and sauté about 5 min. until cooked through. Set aside to cool.

In a small bowl, whisk remaining 1TBSP. oil, lime juice, garlic, jalapeno, basil, salt, & pepper to make a vinaigrette.

In a large bowl gently toss pancetta, corn, avocado, onion, tomatoes with the vinaigrette to combine.