



Adventure Ingredient: White Balsamic Vinegar

Avocado Orange Salad with Spiced Corn Niblets

Light refreshing salad with “fire ‘em up” corn

1 cup spiced corn niblets (see attached recipe)

1 cup thin sliced red onions

Cold water as needed

3 Tablespoons fresh orange juice

1 teaspoon lemon juice

2 Tablespoons white balsamic vinegar

2 teaspoons honey

1/2 teaspoon grated orange peel

2 to 3 oranges, peeled; seeded

1 large or two small avocados, seeded; peeled

Garnish: Parsley leaves as desired

Prepare Spiced Corn Niblets: See attached recipe

Temper Strong Onion Flavor: Place sliced onions in medium sized bowl; cover with cold water; set aside.

Mix Orange-Lemon Juices: In a small bowl, combine orange juice, lemon juice, vinegar, honey, and orange peel; set aside.

To Serve Salad: Arrange orange slices on serving plate. Drain water from onions and rinse onions; place over oranges. Cut avocado into slices; arrange over oranges. Place spiced corn over the center and around the sides of salad. Drizzle with reserved citrus juices. Garnish with tiny parsley leaves. Serve immediately. Yield: serves: 4

Spiced Corn Niblets:

1/2 teaspoon salt

1/8 teaspoon (each) ground ginger; ground paprika, cinnamon

1/8-1/4 teaspoon ground smoky hot red pepper

1 Tablespoon soft ghee or butter

1/2 Tablespoon honey

1 cup frozen or fresh corn niblets, rinsed; pat dry

Prepare Spicy Butter: In small bowl stir salt, ginger, paprika, cinnamon, and ground red pepper to taste. Set aside.

Sauté Corn: Melt ghee or butter in 10-inch skillet; add honey and reserved dry spice ingredients. Stir in corn niblets; cook over medium high heat for about 4 minutes or mixture forms some brown bits with corn. Remove to lightly greased plate; set aside.

Cook's Note: If you want hotter corn niblets, increase the amount of ground red pepper to taste. To prepare ahead of time, cover lightly with plastic wrap to eliminate as much air as possible to keep avocado slices bright and green.

About the Recipe: This simple salad is loaded with fresh citrus flavors that is light and refreshing. The smoky spiced corn sprinkle adds a surprising new interesting taste sensation that creates an attractive and delicious company salad.