

Corn & Avocado Relish

- 4 ea..... Diced Avocados
- ½ c Diced Red Onions
- 1 c..... Corn
- 2 ea..... Diced Tomato
- ½ c Diced Green Chilies
- ¼ c..... Chopped Cilantro
- 1 tsp..... Ground Cumin
- 1 tsp..... Oregano
- 1 tsp..... Garlic Powder
- 2 tsp..... Onion Powder
- ½ tsp..... Tabasco
- 1½ tsp..... Kosher salt
- ½ c..... Olive Oil



1. Place all of the ingredients, except avocados, in a bowl and mix well.
2. Add in the avocados and mix without smashing the avocado.

Avocados are on the cheep side in the stores right now so you have to enjoy them as much as you can. This relish is great with corn chips but you can try it on a cheeseburger with bacon, or anything you might put salsa on. I cheated and used frozen corn but you can try roasting your corn on the grill when you roast your green chilies to add a nice roasted flavor.

Make sure when you are picking out avocados that you get ones that are darker in color that slightly give when pressed with your finger. They are too ripe when they have indentations or when pressed they make an indentation. You also don't want an avocado that is too green and hard unless you don't plan to use them for a few days. It generally takes 3 to 5 days for one to ripen at room temp. Avocados are a fruit so they should never be refrigerated before they are cut into. If you do get an avocado before it is ripe, any refrigeration will prevent the ripening process to the point that it will never ripen.

If you try to stay away from them because they are high in fat, remember that it is the good fat, the monounsaturated fat, in them that is so good for the body. It is the fat that will condition our hair and skin. It is also the fat that is good for our hart.

Be creative, have fun and enjoy!!!