



Avocado, Black Bean and Corn Dip

3 ears corn – kernels cut off cob
1 – 15 oz. can black beans rinsed and drained (I prefer Goya)
2 avocados - diced
½ C diced red onion
1 lime
1 T cumin
1 t Tabasco (or more to taste)
salt and pepper to taste

Combine in bowl – corn, black beans, avocado and red onion.
Add juice of lime, cumin, Tabasco, salt and pepper. Stir gently to combine. Taste for seasoning and adjust accordingly

Suggested serving – with tortilla chips or as accompaniment to grilled chicken

Garnish with cilantro if desired.