

Southwest Egg Salad

Recipe Adapted from: RachaelRay.com

Makes 8 Servings

Ingredients

2 ears corn
4 hard-boiled eggs ([try this kitchen hack](#))
1 ripe avocado
2 cups red or green cabbage, shredded
½ red onion, finely chopped
1 jalapeno chile, seeded, finely chopped
1 cup cherry tomatoes, diced ([try this kitchen hack](#))
1 cup cilantro leaves, coarsely chopped
Juice of 2 limes
2 Tbsp olive oil
Salt and pepper, to taste



Directions

1. Cook corn for 3-4 minutes in the microwave. Shuck corn and cut the kernels from the cobs and let cool. Try this [handy kitchen hack](#) for shucking corn. You can also use grilled corn (see note below).
2. In a large bowl, coarsely mash eggs and avocado into bite-sized pieces.
3. Add corn, cabbage, onion, jalapeno, tomatoes and cilantro. Pour lime juice and olive oil on top and season with salt and pepper, to taste.
4. Gently toss until combined.
5. Store in the refrigerator, covered, 2-4 hours before serving. This salad will keep in the fridge for up to 3 days.
6. Enjoy as a wrap, in a flour or corn tortilla, or even on top of a salad.

Notes: You can also grill the corn to add a nice smoky, yet sweet flavor. Whether you use a grill pan on the stove-top, roast the corn in the oven, grill it outdoors, or sear it in a pan, it's essential to cook the corn until it has some caramelization.

Nutrition Information per Serving: 140 calories, 10g fat, 2g saturated fat, 95mg cholesterol, 200mg sodium, 3g fiber, 5g protein