**Chipotle, Corn,**

**& Avocado Salad**

**Ingredients**

* **2 cans of corn, thawed**
* **1 can (15 ounce) black beans, rinsed and drained**
* **1 small red pepper, chopped**
* **5 green onions, chopped**
* **2 Avocados, chopped**
* **¼ cup vegetable oil**
* **2 tablespoons fresh lime juice**
* **1 tablespoon red wine vinegar**
* **2 chipotle peppers, finely chopped**
* **2 cloves garlic, minced**
* **2 tablespoons fresh chopped cilantro**
* **½ teaspoon cumin**
* **½ teaspoon salt**
* **¼ teaspoon pepper**

**Instructions**

1. **In a large bowl mix the corn, black beans, red pepper and green onions.**
2. **Gently mix in the chopped avocado.**
3. **In a small bowl whisk together the vegetable oil, lime juice, red wine vinegar, Chipotle peppers, garlic, cilantro, cumin, salt and pepper.**
4. **Pour over the corn salad and gently mix.**
5. **Cook's Notes: To chop Avocado: Slice avocado lengthwise in half and remove the pit. Leave in the shell, take a knife and slice down the avocado, and then across in a criss-cross pattern. Take a spoon and gently scoop cubed pieces into your bowl.**

Pineapple Salsa

**Ingredients**

* **Whole pineapple,**
* **1 cup diced pineapple**
* **1 cup diced bell peppers, (any combination of red, orange, yellow or green peppers)**
* **1 cup diced tomatoes**
* **1/3 cup chopped cilantro**
* **1/4 cup minced red onion**
* **4 tbsp lime juice,**
* **1/4 tsp black pepper**
* **1/8 tsp salt**

**Instructions**

1. **To make the pineapple bowl, cut about 1/3 of the pineapple off, leaving the stem attached to the larger piece of the pineapple. Make a cut around the outer edge of the pineapple fruit and make cuts across the middle too. Use a metal spoon to loosen and scoop out the pineapple chunks. Pour the extra juice out of the pineapple bowl so that it is empty.**
2. **Dice enough of the pineapple chunks to make one cup of diced pineapple to be used for the salsa and save the rest for another use.**
3. **In a small bowl, mix together diced pineapple, diced tomatoes, diced peppers, minced onions, chopped cilantro, lime juice, salt, and pepper.**
4. **Transfer the salsa to the pineapple bowl for serving.**
5. **Store in the fridge.**