



M.Y. FRESCO



**RECIPE BY GROUNDWORK MILWAUKEE YOUTH
CHEF COACH: CAITLIN CULLEN, TANDEM RESTAURANT**

Makes 6 (1-cup) servings + 1 cup dressing

SALAD INGREDIENTS

- 1 ½ cups corn kernels, fresh or frozen and thawed
- 1 (15-ounce) can black beans, drained and rinsed
- 1 ½ cups halved cherry tomatoes
- 1 cup chopped bell pepper (red or yellow)
- 1 cup chopped zucchini
- ½ cup finely chopped red onion
- 6 cups mixed salad greens
- ½ cup crumbled queso fresco

DRESSING INGREDIENTS

- 1/3 cup fresh lime juice
- 1 ripe avocado, pitted
- 2/3 cup water
- ½ medium jalapeño chile, seeded
- ¼ cup chopped fresh cilantro
- 1 tablespoon honey
- 1/8 teaspoon salt

DIRECTIONS

1. Mix salad ingredients in a large bowl.
2. To make the dressing, blend the lime juice, avocado, water, chile, cilantro, honey and salt in a blender until smooth.
3. Stir half of the dressing into the salad mixture; toss to coat well. Place salad greens on plates. Spoon salad mixture on top; drizzle with remaining dressing and garnish with crumbled cheese.

