

OKRA SALAD

Servings: 8

Time: 1 Hour

1. Blanch 1-pound okra in large pot of salted boiling water for about ½ a minute until bright green, drain and cool to room temperature.
2. Cut okra into ½ inch pieces and discard stems.
3. In large bowl mix okra, 1 large can (drained and rinsed) black beans, 1 large can (drained and rinsed) sweet corn, 1 large diced white onion, 1-pound halved cherry tomatoes and 3 tablespoons extra virgin olive oil. Season with a pinch of salt & black pepper.
4. Chill mixture for 30 or more minutes.
5. Immediately before serving, cut 1 ripe avocado into ½ inch pieces and lightly toss into salad mixture.
6. Add salt & pepper to taste.

