

Quick Summer Salad

My house gets ridiculously hot in the summer when I cook, and it doesn't matter if the air is on or not. For that reason, I try to rely on things that don't require turning the oven on for hours, and depending on how hot it is outside, I don't even like to turn the stove on.

This means we eat a lot of salads, which isn't necessarily a bad thing when produce is at its peak. A salad can be a full meal, or it can be like this one — a big bowl full of fresh veggies, no lettuce included.

With a super light lime flavored dressing, and a dash of Colima Sea Salt, this came together pretty fast, and made an amazing lunch option that was better than my usual yogurt or oatmeal.

There was no real rhyme or reason for the veggies I chose here. I just picked up a bunch of local veggies at my grocery store, sliced them, up and tossed them together. Some purple Thai basil I got from the farmer's market seemed like a nice touch, so I threw that in there too. It's really representative of what I love when I cook — fresh, delicious, and easy to put together. The fact that you can't really mess it up makes it that much better.

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Serves 4-6

Ingredients:

Dressing:

1/4 cup Ava Jane's Kitchen extra-virgin avocado oil

Juice of 2 limes

2 pints cherry tomatoes

2 ears sweet corn, cleaned and shucked

2 small zucchinis, thinly sliced

1 small cucumber, sliced

1 bunch basil leaves, sliced

Colima Sea Salt

Directions:

Whisk the oil and lime juice in large a bowl until combined. Toss the veggies in a large bowl with the sea salt, and toss with the dressing. Serve immediately.