

## Summer Corn Tuna Salad

I love grilling vegetables — the heat caramelizes them, making them extra sweet and smoky. One of my favorites to grill this time of year is corn on the cob. Corn, being naturally sweet, turns even sweeter with the heat of the grill.

It's delicious to eat a fresh grilled ear of corn right off the cob, no fussiness required. Even better, though is to cut those kernels off and make a salad. One loaded with herbs, flavored with an avocado oil and lime dressing, and oh yeah — packed with flaked Barnacle Bill's Oregon Hook and Line Caught Albacore Tuna.

The tuna is meaty and flavorful, and compliments the grilled corn nicely. Because it has such a clean flavor, it is delicious with the avocado oil. Some sweet red peppers and a bit of crumbly Cojita cheese round it out nicely.

This salad would be perfect to take to a party if you need to bring a dish, but it's just a really good meal to make on a night when you want to sit outside and enjoy the weather with a cocktail or glass of wine. It's filling, tasty, and not another grilled burger or steak.

## Summer Corn Tuna Salad

Serves 2-4

### Ingredients:

#### Salad:

2 ears corn on the cob, shucked and cleaned  
Juice of 1 lime  
2 tablespoons Ava Jane's Kitchen extra-virgin avocado oil  
1 red bell pepper, diced  
2 green onions, diced  
1/4 cup fresh chopped cilantro  
1 package Barnacle Bill's Oregon Hook and Line Caught Albacore Tuna, flaked  
4 ounces Cojita cheese, crumbled  
Colima Sea Salt

#### Dressing:

1/4 cup Ava Jane's Kitchen extra-virgin avocado oil  
Juice of 2 limes  
1 clove garlic, minced

#### Directions:

Preheat a gas or charcoal grill to medium heat. Drizzle the lime juice over the corn and brush with the avocado oil. Grill until well charred on all sides. Remove from grill and

allow to cool slightly, then cut the kernels off the corn with a sharp knife.

Transfer the corn to a large bowl with the remaining ingredients. Whisk the dressing ingredients together and toss with the salad. Serve warm.