



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Labor Day eats... without a lot of labor!

With so many everyday life changes happening during the pandemic, let us help you take the labor out of your Labor Day menu. Create a simple menu that takes advantage of in-season fresh foods and sale items. It'll lessen the strain on your wallet and offer flavorful tastes of late-summer. And remember, a rainbow of color from a mix of produce items means a wide variety of immune-boosting nutrients.



**Kitchen Hack -**  
**Use a bundt pan to steady the cob**  
**and collect the cut corn!**

*I love this tip and image  
from Elise Bauer of Simply Recipes!  
It shows how easy it is to remove  
the kernels of corn quickly and safely!*

The freshness of this salad makes it a great menu item for any occasion.

With the majority of the time spend boiling a pot of water, it'll be ready in less than 30 minutes. What's not to like about that?

So, put it on your menu while the fresh ingredients are available.

You won't be disappointed!

## Fresh Corn, Cherry Tomatoes & Avocado Salad

### Ingredients:

- 6 medium ears of corn, silks and husks removed
- 1/4 cup extra virgin olive oil
- 2 Tbsps. fresh lemon juice
- 1 tsp. Dijon mustard
- 1/4 tsp. ground red pepper
- 1/4 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 2 cups halved cherry tomatoes
- 1/2 cup finely chopped red onion
- 2 Tbsps. chopped fresh chives
- 1 large avocado, cut into 1/2-inch pieces
- 1/3 cup small whole basil leaves



### Directions:

1. Heat large covered saucepot of salted water to boiling over high heat. Add corn and cook 3 minutes or until corn is crisp-tender. Rinse corn with cold water; drain and cut kernels from cobs.
2. In large bowl, whisk together oil, lemon juice, mustard, red pepper, salt and black pepper; stir in tomatoes, onion, chives and corn. Fold in avocado and basil. Makes about 6 cups.