

# Lauren's Kitchen: Charred Corn and Avocado Salad



School may be back in session but the heat is still on and corn is still plentiful. This corn salad certainly celebrates all of the last tastes and textures of summer and would be a welcome addition to any Labor Day celebration.

5 ears of corn  
1 poblano pepper, cut into small pieces  
 $\frac{1}{2}$  red onion, thinly sliced  
olive oil  
kosher salt + freshly ground black pepper  
1 large or 2 small avocado, cut into small dice  
 $\frac{1}{2}$  cup cherry tomatoes, halved or quartered  
2 T lime juice, plus lime wedges for serving  
 $\frac{1}{2}$  tsp honey (*or maple syrup*)  
cayenne or Aleppo pepper, to taste

$\frac{1}{4}$  cup extra virgin olive oil

One handful of fresh basil and mint leaves, roughly torn

Full instructions for assembly may be found [here](#).