



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
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**FRESH CORN-AND-POTATO SALAD**  
***(SOUTHERNLIVING-APRIL 2011) SERVES 6***

- 1 lb baby red potatoes**
- ¼ cup chopped fresh cilantro**
- 3 Tablespoons fresh lime juice**
- 2 Tablespoons olive oil**
- ½ teaspoon salt**
- ½ teaspoon freshly ground pepper**
- 3 cups fresh corn kernels (about 6 ears)**
- ½ large red bell pepper, diced**
- 1 avocado, peeled and sliced**
- ½ cup sliced green onions**

- Bring potatoes and salted cold water to a boil in a large, covered Dutch oven. Boil 10 minutes, or until tender. Drain and let cool for 15 minutes.
- Whisk together cilantro and next 4 ingredients in a large bowl.
- Add warm potatoes, corn, and remaining 3 ingredients; toss to coat.
- Serve at room temperature or chilled.