

Corn provides a healthy whole-grain base to this colorful salad from nutritionist Cynthia Sass's "Cinch!" cookbook. Eat for an energy-boosting snack any time of day.

California Sunshine Salad

Serves 1

Ingredients

1 medium orange

2 tablespoons rice vinegar

1/4 teaspoon dried thyme

1/4 teaspoon freshly ground black pepper

1/4 teaspoon freshly grated lemon zest

1/2 cup sweet corn, fresh or frozen and thawed or kernels from 1 medium ear of roasted corn, chilled

1/2 cup chilled organic edamame

1/4 medium avocado, chopped

Directions

1. Slice the top and bottom of orange with a paring knife. Set one of the flat sides on your work surface. From top to bottom, following the curve of the fruit, cut away peel and white pith. Trim off any remaining pith. Holding the orange over a bowl, cut along both sides of each segment, staying close to the membrane, to release. Discard membrane.
2. In a large bowl, whisk together vinegar, thyme, black pepper, and lemon zest. Add orange segments, corn, edamame, and avocado. Toss to combine and serve.