

Corn and Green Chili Salad

Cook time: 10 minutes

Makes: 4 servings

Cilantro, lime juice, and green onions add a delightful taste to this corn side dish. Try using fresh corn when it is in season.

Ingredients

- 2 cups** corn (frozen and thawed)
- 1 can** diced tomatoes with green chilies (10 ounce)
- 1/2 tablespoon** vegetable oil
- 1 tablespoon** lime juice
- 1/3 cup** green onion (sliced)
- 2 tablespoons** cilantro (fresh chopped)

Directions

1. Combine all ingredients in a medium bowl.
2. Mix well.

California Department of Health Services, Healthy Latino Recipes: Made with LoveCalifornia Latino 5-a-Day Campaign

Nutrition Information

Nutrients	Amount
Calories	120
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	230 mg
Total Carbohydrate	25 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available