

Corn Salad

Makes: 6 servings

This corn salad is a great side dish that's easy to make in advance and serve when needed.

Ingredients

- 2 cups** whole kernel corn (fresh or frozen, - cooked and drained)
- 3/4 cup** tomato (chopped)
- 1/2 cup** green pepper (chopped)
- 1/2 cup** celery (chopped)
- 1/4 cup** onion (chopped)
- 1/4 cup** Ranch dressing, fat-free

Directions

1. In bowl, combine vegetables.
2. Stir in dressing.
3. Cover and refrigerate until ready to serve.

University of Kentucky, Cooperative Extension Service, Food and Nutrition Assistance
the Move

Nutrition Information

Nutrients	Amount
Calories	80
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	120 mg
Total Carbohydrate	19 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available