



Corn, Avocado, and Tomato Salad

Makes 6 servings

2 cups cooked corn, fresh or frozen
1 avocado, cut into 1/2-inch cubes
1 pint cherry tomatoes, halved or 2 cups tomatoes seeded and chopped
1/2 cup finely diced red onion

Dressing:

2 Tbsp. olive oil
1 Tbsp. lime juice
1/4 cup chopped cilantro
1/4 tsp. salt
1/4 tsp. pepper

- Combine the corn, avocado, tomatoes and onion in a large glass bowl. Mix together the dressing ingredients in another bowl, pour over the salad, and gently toss to mix.

Nutritional Information:

Calories 149
Total Fat: 9g
Saturated Fat: 1.3g
Carbohydrates: 17g
Fiber: 4.3g
Protein: 2.7g

Recipe adapted from *Eating Well* Magazine