

Avocado and Corn Salsa

August 2022 Recipe



Makes: 5 servings

Ingredients

1 avocado (diced)
¾ cup frozen corn kernels (thawed)
½ cup grape tomatoes (quartered)
1 Tbsp. fresh cilantro (chopped)
2 tsp. lime juice
¼ tsp. salt

Directions

1. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.
2. Chill one hour and then serve.

Nutritional information for 1 serving

Calories	67
Total fat	4 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	119 mg
Carbohydrate	8 g
Dietary fiber	3 g
Total sugars	1 g
Added sugars included	0 g
Protein	1 g