



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Corn and Green Chili Salad

Ingredients:

- 2 cups corn (frozen and thawed or fresh)
- 1 can diced tomatoes with green chilies (10 ounce) or fresh diced Roma tomatoes
- 1/2 tablespoon vegetable oil
- 1 tablespoon lime juice
- 1/3 cup green onion (sliced)
- 2 tablespoons cilantro (fresh chopped)
- 1 tablespoon garlic powder
- 1 tablespoon red pepper flakes (optional)

Directions:

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

Serves 4

*120 calories, 3 g Fat, 0 g Saturated Fat,
25 g Carbohydrates, 4 g Fiber, 3 g Protein,
230 mg Sodium*

Source: What's Cooking? USDA Mixing Bowl

