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