

# Recipe: Avocado and corn salsa



Salsa isn't just for chips! Use it to flavor chicken, eggs, fish or a black bean burger. This recipe adds fresh flavor with corn and avocado. And it's perfect for summer – no hot stove required.

## INGREDIENTS

- 1 avocado (diced)
- 3/4 cup frozen corn kernels, thawed
- 1/2 cup grape tomatoes, quartered
- 1 tablespoon fresh cilantro, chopped
- 2 teaspoon lime juice
- 1/4 teaspoon salt

## DIRECTIONS

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

Nutrition Facts: Serving size: 1/2 cup, recipe makes 5 servings. Calories 67; Total Fat 4 g; Saturated Fat 1 g; Cholesterol 0 mg; Sodium 119 mg; Total Carbohydrate 8 g; Dietary Fiber 3 g; Protein 1 g

Source: USDA ChooseMyPlate