



# Corn and Green Chili Salad

## Ingredients

2 cups frozen corn, thawed	1 tablespoon lime juice
1 (10-ounce) can diced tomatoes with green chilies, drained	¼ cup sliced green onions
½ tablespoon vegetable oil	2 tablespoons chopped fresh cilantro

## Preparation

1. Combine all ingredients in a medium bowl; mix well. Serve.

*This salad is easy to prepare. Add some diced cooked chicken to make this side dish a meal, or sprinkle over salad greens.*

**Makes 4 servings.** ¾ cup per serving.

**Prep time:** 10 minutes

**Nutrition information per serving:**

Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2 g,  
Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg