



# Corn and Green Chili Salad

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

**Makes 4 servings.**  $\frac{3}{4}$  cup per serving.

**Prep time:** 10 minutes



## Ingredients

2 cups frozen corn, thawed	1 tablespoon lime juice
1 (10-ounce) can diced tomatoes with green chilies, drained	$\frac{1}{3}$ cup sliced green onions
$\frac{1}{2}$ tablespoon vegetable oil	2 tablespoons chopped fresh cilantro

## Preparation

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

**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