



Corn, Sweet Onion, and Tomato Salad

Ingredients

- 33 ounces low-sodium canned corn
- 2 tomatoes, diced
- 1 sweet onion, cut into thin strips
- 1 bunch cilantro, minced
- 2 limes, juiced
- 1/3 cup rice vinegar
- 1/4 teaspoon salt

Directions

1. In a bowl, combine corn, tomatoes, sweet onion, and cilantro.
2. Pour lime juice over vegetables and mix in.
3. Stir in vinegar to taste.
4. Season with salt.
5. Cover and let chill for 45 minutes. Stir before serving.

Note: Drain canned vegetables in a colander and rinse them under running water to remove up to 40% of sodium.

Nutrition Facts

Serving Size 1 serving (173.19g)
Servings Per Container 10

Amount Per Serving

Calories 90 **Calories from Fat** 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 3g

Vitamin A 6% • Vitamin C 20%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.