



A Nutrition Resource

CORN AND ZUCCHINI SALAD

Yield: 4 Servings | Serving Size: 1 cup

Cost/Serving: \$0.47

Ingredients:

- 1 cup corn kernels
- 1 1/2 cups zucchini, chopped
- 1 small onion, chopped
- 1 Tablespoon lime juice
- 1 Tablespoon cider vinegar
- 1 teaspoon olive oil
- 1 clove garlic
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1 teaspoon sugar

Directions:

- 1) Put everything into a large bowl. Mix. Cover and refrigerate at least 10 minutes or up to 24 hours.

Variations: Add chopped fresh cilantro, garbanzo beans, and/or hot sauce. Substitute any summer squash for the zucchini.

Nutrition Facts

4 servings per container

Serving size 1 cup (104g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 1g Added Sugars 2%

Protein 2g

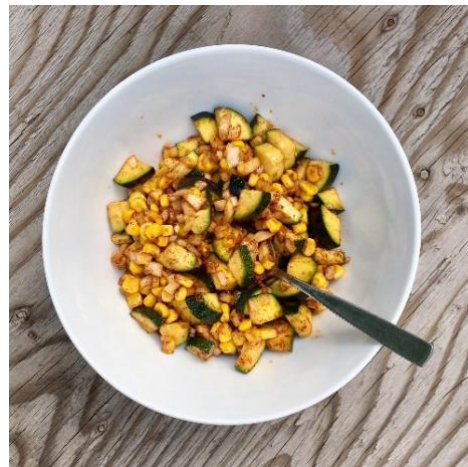
Vitamin D 0mcg 0%

Calcium 16mg 2%

Iron 0mg 0%

Potassium 230mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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