



Corn Tomato Avocado Salad

Makes 4 servings

Ingredients

Corn kernels from 1 large steamed corn on the cob (1 cup)
5 ounces diced avocado
1 ½ cups diced seedless cucumbers
1 cup halved cherry tomatoes
2 tablespoons diced red onion

2 teaspoons extra-virgin olive oil
2 tablespoons fresh lemon juice (from 1 medium lemon)
¼ teaspoon kosher salt
Fresh black pepper, to taste

Instructions

1. Toss all ingredients together and serve immediately.

Nutrition Facts

Serving size: ¼ of salad; calories per serving: 100; fat: 2g; saturated fat: 1g; fiber: 2g; carbohydrates: 18g; protein: 3g; sodium: 57mg; sugars: 0g; cholesterol: 0mg

Source: www.healthdiscovery.net

