

Wellness Tips Recipe Card

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Avocado and Corn Salsa

Recipe Provided By: EatingWell.com

Ingredients

- ¾ cup frozen corn, thawed
- ½ cup quartered grape tomatoes
- 1 medium avocado, diced
- 1 tablespoon lime juice
- ¼ teaspoon kosher salt

Cooking Directions

1. Toss avocados, tomatoes, corn, cilantro, lime juice and salt in a medium bowl.
2. Serve this bright and tasty salsa with multi-grain tortilla chips.

Yield: 8 servings



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Nutrition Info

Per Serving

Calories: 56 kcal

Carbohydrates: 5 g

Dietary Fiber: 1 g

Fat: 4 g

Protein: 1 g

Sugars: 0 g



Fruit
BOOST