

Corn Salad

Ingredients:

- 4 tbsp. fresh basil, chopped
- 1 ½ tsp. extra virgin olive oil
- 1 tsp. fresh lime juice
- 1 tsp. sugar
- 1 tsp. salt
- ¼ tsp. ground black pepper
- 3 cups unsalted canned corn
- 3 cups red cherry tomatoes
- ½ cup cucumbers, peeled and chopped



Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 420mg **18%**

Total Carbohydrate 25g **8%**

Dietary Fiber 3g **12%**

Sugars 8g

Protein 4g

Vitamin A 15% • Vitamin C 25%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. In a jar with a tight-fitting lid, combine the basil, oil, lime juice, sugar, salt and pepper; shake well.
2. In a large bowl, combine the corn and tomatoes.
3. Drizzle with dressing and toss to coat. Refrigerate until serving.