

## Avocado and Corn Salsa

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/avocado-and-corn-salsa>

### Ingredients

- 1 avocado (diced)
- ¾ cup Frozen corn kernels, thawed
- ½ cup grape tomatoes, quartered
- 1 tablespoon fresh cilantro, chopped
- 2 teaspoons lime juice
- ¼ teaspoon salt

### Instructions

1. Toss avocado, corn, tomatoes, cilantro, lime juice, and salt in a medium bowl.
2. Chill one hour and then serve.

**Makes 5 servings**

### Nutrition information per serving

Calories: 67	Dietary Fiber: 3 g
Total Fat: 4 g	Sodium: 119 mg
Saturated Fat: 1 g	Protein: 1 g
Cholesterol: 0 g	Carbohydrates: 8 g