



## Avocado & Corn Salad



Makes 6 servings

### **Ingredients:**

- 2 Avocado, finely diced
- 1 Cup fresh or frozen corn
- 2 Medium tomatoes, finely diced
- 1/4 Cup onion, chopped
- 1 Clove garlic, crushed
- 2 1/2 Tbsp. lime juice
- 2 1/2 Tbsp. fresh cilantro, chopped
- 1 Teaspoon green chili pepper, minced (optional)
- Salt and pepper to taste

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

### **Preparation:**

Gently stir together all ingredients in a medium bowl; adjust flavors to taste. Cover and refrigerate. Serve with corn tortillas or crackers.

### **Nutritional information per serving:**

Calories 157, Fat 11 gm,  
Protein 3 gm,  
Fiber 4 gm,  
Calcium 12 mg,  
Iron 1 mg,  
Vitamin A (RE) 60 mcg,  
Vitamin C 13 mg,  
Folate 46 mcg

Rev. 1/2010



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