

Front



Fresh Taste for Seniors

Back

Corn and Green Chili Salad

Ingredients:

- 2 cups frozen corn kernels (no salt added), thawed
- 1 can (10 ounces) diced tomatoes with green chilies, no salt added
- ½ bunch radishes, cleaned, leaves washed and chopped and bulb diced into bite-size pieces
- ½ tablespoon canola oil
- 1 tablespoon fresh lime juice (about ½ lime)
- 1/3 cup green onions, sliced
- 2 tablespoons fresh cilantro, chopped

Directions:

1. Combine all ingredients in a medium-size bowl and mix well.

Makes: 4 servings

From www.cdph.ca.gov/programs/cpns/Documents/Network-FV-LC-HealthyLatinoRecipes.pdf

