

FRESH CORN SALAD

Source: CCE Onondaga County SNAP-Ed NY

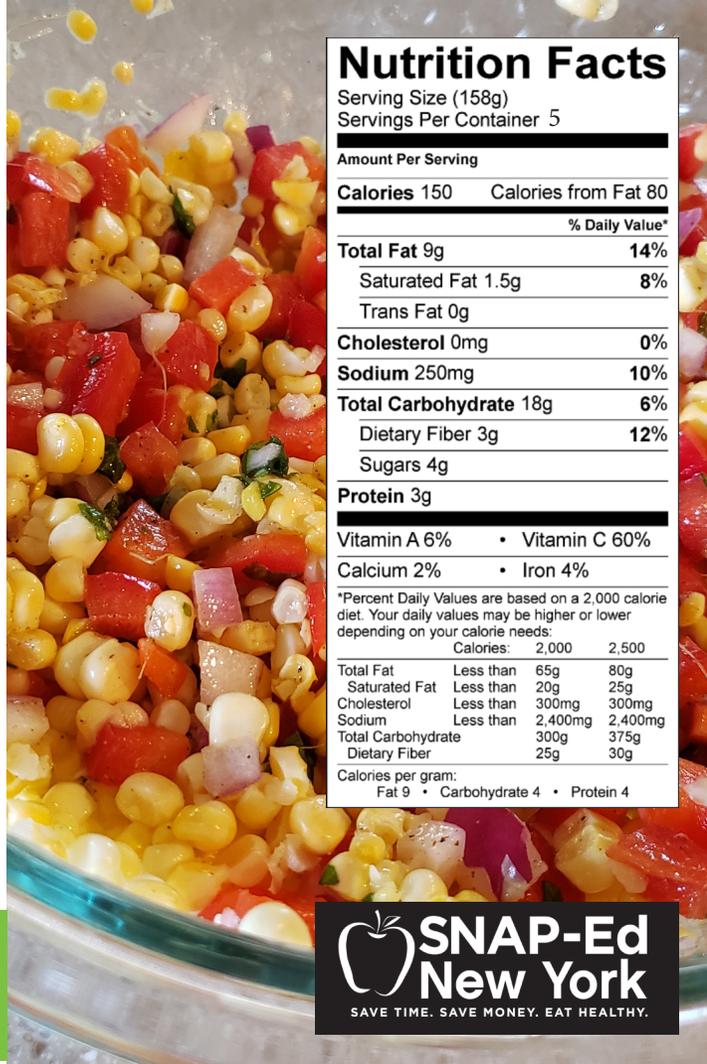
Ingredients:

- 5 ears of fresh corn, kernels cut off
- 1 red onion diced
- 1 green pepper, finely diced
- 3 Tbsp olive oil
- 3 tablespoons apple cider vinegar
- ½ tsp Salt
- ½ tsp freshly ground black pepper
- ½ cup julienned fresh basil leaves

Directions:

1. Chop the onion and pepper, Cut the corn kernels off the ear.
2. Toss the corn kernels in a large bowl with the onion, green pepper, olive oil, vinegar, salt and pepper.
3. Just before serving, toss in the fresh basil.
4. ENJOY!!!

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider.



Nutrition Facts

Serving Size (158g)
Servings Per Container 5

Amount Per Serving

Calories 150 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 18g **6%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 3g

Vitamin A 6% • Vitamin C 60%

Calcium 2% • Iron 4%

*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

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New York**
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