



A Nutrition Resource

CORN AND ZUCCHINI SALAD

Yield: 4 Servings | Serving Size: 1 cup

Cost/Serving: \$0.64

Ingredients:

- 1 cup corn kernels
- 1 1/2 cups zucchini, chopped
- 1 small onion, chopped
- 1 Tablespoon lime juice
- 1 Tablespoon cider vinegar
- 1 teaspoon olive oil
- 1 clove garlic
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1 teaspoon sugar

Directions:

- 1) Put everything into a large bowl. Mix. Cover and refrigerate at least 10 minutes or up to 24 hours.

Variations: Add chopped fresh cilantro, garbanzo beans, and/or hot sauce. Substitute any summer squash for the zucchini.

Nutrition Facts

4 servings per container

Serving size 1 cup (104g)

Amount per serving

Calories **60**

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 1g Added Sugars 2%

Protein 2g

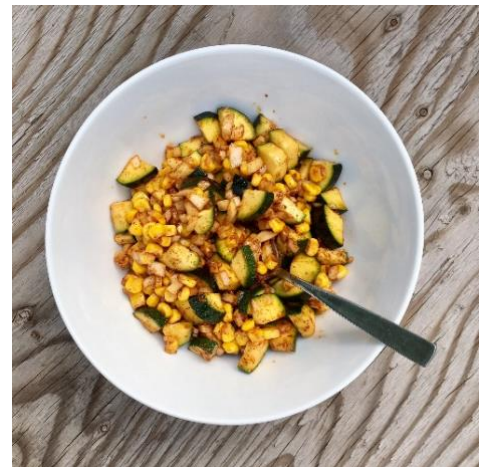
Vitamin D 0mcg 0%

Calcium 16mg 2%

Iron 0mg 0%

Potassium 230mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION