

CUT 

Avocado-Corn Salsa



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 90, calories from fat 70, total fat 8g, saturated fat 0.5g, trans fat 0g, cholesterol 0mg, sodium 120mg, total carbohydrate 9g, dietary fiber 2g, sugars 1g, protein 2g, vitamin A 4%, vitamin C 10%, calcium 0%, iron 2%

- 1 medium avocado, diced
- ¾ cup frozen corn, thawed
- ½ cup quartered cherry tomatoes
- 1 Tbsp chopped fresh cilantro
- 2 tsp lime juice
- ¼ tsp kosher salt

DIRECTIONS:

1. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.

Source: EatingWell For A Healthy Heart

visit unitedtexas.com for more recipe ideas

★ Avocado-Corn Salsa ★

Shopping List

PRODUCE:

- 1 medium avocado
- ½ cup cherry tomatoes
- 1 Tbsp fresh cilantro

SPICES/SEASONINGS:

- Kosher salt

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Frozen corn
- Lime juice