

Avocado and Corn Salsa



Makes:5 Servings

Total Cost:\$\$\$\$

Avocado and corn are given a flavor boost by fresh cilantro and lime. Serve this salsa with our [Baked Chicken](#) for an easy weekday meal.

Ingredients

- 1 avocado, diced
- 3/4 cup frozen corn kernels, thawed
- 1/2 cup grape tomatoes, quartered
- 1 tablespoon fresh cilantro, chopped
- 2 teaspoons lime juice
- 1/4 teaspoon salt

Directions

1. Wash hands with soap and water.
2. Toss avocado, corn, tomatoes, cilantro, lime juice, and salt in a medium bowl.
3. Chill one hour and then serve.

Source:

Bronson Wellness Center
Bronson Healthcare - Michigan

Nutrition Information