



Zucchini & Corn Salad



Make 6 portions

Ingredients:

- 2. Medium zucchini, diced
- 4 Cups fresh corn kernels (cut from 4 ears)
- 1 Tomato diced
- 1/2 Tsp. fresh oregano or 1/4 cup thinly sliced fresh basil
- 1/8 Cup red wine vinegar
- 2 Tbs. olive oil
- 1/4 Tsp. black pepper
- 1/2 Tsp. salt +1/4 Tsp. salt
- 1 Clove chopped fresh garlic.

Dressing: Whisk together vinegar, black pepper, 1/4 tsp. salt and chopped garlic.

Preparation:

In a large bowl, sprinkle diced zucchini with 1/2 tsp. salt and set aside for 10 minutes. Add corn, tomato, herbs and dressing to zucchini. Toss well and serve.

Nutritional information for 1 cup serving:

*Calories 140,
Fat 6 gm, Fiber 4 gm,
Cholesterol 0 mg,
Sodium 310 mg*

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev.1/2010



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