

# Thrive Across America

## Avocado-Corn Salsa

A fresh salsa of avocado and corn is great with simple sautéed fish or just about anything Mexican-inspired—huevos rancheros, a quick quesadilla or atop rice and beans.

### Ingredients

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

### Directions

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

### Nutrition Information

Per serving: 43 calories; 5 g carbohydrates; 3 g fat (0 g sat, 2 g mono); 1 g protein; 0 mg cholesterol; 2 g dietary fiber; 146 mg potassium; 37 mg sodium. Nutrition bonus:

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