
Avocado Corn Salsa

The Essential Southern Living Cookbook

Servings: 6

Start to Finish Time: 10 minutes

1 tablespoon lime juice
2 tablespoons canola oil
1 teaspoon Dijon mustard
1/4 teaspoon crushed red pepper
1 cup fresh corn kernels
1 cup halved grape tomatoes
1 small avocado, diced
1/3 cup diced red onion
2 tablespoons chopped fresh basil
2 tablespoons chopped fresh cilantro
table salt (to taste)
black pepper (to taste)

In a large bowl, whisk together the lime juice, oil, mustard and crushed red pepper.

Stir in the corn, tomatoes, avocado, onion, basil and cilantro.

Season with salt and pepper to taste.

Salsa

Per Serving (excluding unknown items): 123 Calories; 10g Fat (67.2% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.