

Side Dishes

Salsa Corn

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2 cups (10 ounce) frozen corn

1/4 to 1/2 cup pico de gallo or salsa

Prepare the corn according to package directions. Drain.

Stir in the pico de gallo.

Per Serving (excluding unknown items): 144 Calories; 1g Fat (6.8% calories from fat); 5g Protein; 34g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 2 1/2 Grain(Starch).