

Mexican Vegetable Salad

Ingredients:

- 8 ounces sweet corn
- 1 cucumber
- 2 tomatoes
- 1/2 green pepper
- 2 tablespoons red wine vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cilantro, dried
- 1/8 teaspoon black pepper

Equipment:

- Cutting board
- Knife
- Can opener
- Colander
- Large bowl
- Small
- Spatula

Number of Servings: 7
 Prep Time: 10 minutes
 Total Time: 30 minutes

Directions

1. Open corn and pour into colander. Rinse under running water to remove sodium. Set aside to drain.
2. Wash and cut ends off of cucumbers. Cut into slices, stack and cut into quarters. Add to large bowl.
3. Wash tomatoes under running water and pat dry. To cut the core out of the tomato, place the tomato with the core up on the cutting board. Hold the tomato with one hand and insert a small, sharp paring knife into the tomato, next to the stem and just outside the core. Hold the knife steady while cutting. Point the knife at an angle towards the center of the tomato and create a full circle by rotating the tomato as you cut just around the stem. Pop out the core with the end of the knife. Turn tomato on its side and slice into 1/4 slices. Take half the slices and cut them across, turn and across again to get diced tomatoes. Repeat for other half. Add to bowl.
4. Wash a green pepper and cut it in half lengthwise. Save half for other uses. Break off stem area, seeds and white membranes and throw away. Cut pepper into slices then dice. Add to bowl.
5. In small bowl, mix together red wine vinegar, garlic powder, ground cumin, cilantro, and black pepper. Pour over vegetables.
6. Serve cold.

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Nutrition Facts			
Serving Size: 1/2 cup			
Servings: 7			
Amount Per Serving		Calories from Fat 0	
		%Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 6mg			0%
Potassium 197mg			6%
Total Carbohydrate 6g			2%
Dietary Fiber 1g			4%
Protein 1g			2%
Vitamin A 12%	Vitamin C 30%	Iron 6%	Calcium 1%

*Percent Daily Values are based on a 2,000 calorie diet.

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