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

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.

Nutrition Facts
Serving Size: 1/2 cup
Servings: 7
Amount Per Serving
Calories 27
Calories from Fat 0
Total Fat 0g
Saturated Fat 0g
Cholesterol 0mg
Sodium 8mg
Potassium 197mg
Total Carbohydrate 6g
Dietary Fiber 1g
Protein 1g

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

Vitamin A 12%
Vitamin C 30%
Iron 6%
Calcium 1%

Equipment:
Cutting board
Knife
Can opener
Colander
Large bowl
Small
Spatula

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