

Chilly Corn Salad in Tomato Cups

Salad of the Month – July 2013



Corn around with pinto beans and tomatoes for fiber-packed noontime nutrition.

Prep Time: 25 Min

Start to Finish: 25 Min

Makes: 6 servings

INGREDIENTS

1 cup Frozen whole kernel corn
1 can (15 oz.) pinto beans, drained, rinsed
1/3 cup reduced-fat sour cream
1/4 cup chopped red onion
3 tablespoons shredded reduced-fat Cheddar cheese
2 tablespoons chopped fresh parsley
1 teaspoon salt-free seasoning blend
6 medium tomatoes

DIRECTIONS

1. Cook corn as directed on bag. Rinse in cold water until cool; drain.
2. In medium bowl, mix corn and remaining ingredients except tomatoes until blended.
3. Cut about 1/2-inch slice off top of each tomato. With grapefruit spoon or teaspoon, carefully hollow out each tomato, leaving shell of outer flesh intact. Discard tomato pulp or reserve for another use. Spoon corn mixture into tomato shells.

Recipe Provides: Meat & Beans 1oz-equivalents, Vegetables 1 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	170	Calories from Fat:	25
Total Fat:	2 1/2 g	Saturated Fat:	1 1/2 g	Cholesterol:	5 mg
Sodium:	45 mg	Total Carbohydrate:	27 g	Dietary Fiber:	8 g
Sugars:	5 g	Protein:	9 g		



This recipe adapted from WWW.eatbetterearly.com