



Super Salsa

Open up a few jars of pre-made salsa and add avocado for a fun, effortless dish. Kids love creating and eating this dish! Did you know that 1/2 cup salsa=1 serving of vegetables?

Serves 24 (2 Tablespoons)

- 2 cups salsa
- 1 (11-ounce) can Mexican-style corn, drained
- 1 avocado, diced
- 2 Tablespoons lemon juice

1. Combine all ingredients in medium bowl.

Nutritional information per serving:

Calories 30, Protein (g) 1, Total Carbohydrate (g) 5, Fat (g) 1, Calories from Fat (%) 11, Saturated Fat (g) 0, Dietary Fiber (g) 1, Sugars (g) 1, Cholesterol (mg) 0, Sodium (mg) 149

Terrific Tidbit: Use your favorite salsa or whatever you have in the pantry. For a treat, pick up fresh salsa in the refrigerated section of supermarket for a flavor bonus. Have fun by using red pepper squares or cucumber rounds as chips to dip.