

Crunchy corn salad



Recipe credit

University of Minnesota Department of Family, Health and Wellbeing

About this recipe

Serves

6

Serving size

1/6 of prepared recipe

Time to make

20 minutes preparation

Special criteria

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Ingredients

- 2 packages frozen corn (10 ounces each), thawed; or corn kernels cut from 4-5 cooked medium cobs (about 3 1/2 cups)
- 1 large red onion, chopped
- 1 large green pepper, chopped
- 1 8-ounce package low-fat shredded cheddar cheese
- 1/2 cup low-fat mayonnaise (not salad dressing)
- 1 small bag (3-ounces) baked tortilla chips, crushed

Directions

1. Mix corn, onion, green pepper, cheddar cheese, and mayonnaise together in a bowl.
2. Add crushed tortilla chips and mix.

Tips and variations

- Use fresh vegetables from your own garden or the farmers market.
- Add black beans, tomatoes, cilantro, basil, or any other fresh vegetables or herbs.
- Choose chips that suit your taste.
- May be served in a wrap.
- Use 1 package of corn instead of 2 and serve as a dip.

Nutritional info

Calories

282

Total fat

11.8 g

Saturated fat

5.8 g

Cholesterol

27 mg

Sodium

490 mg

Total carbohydrates

36.5 g

Dietary fiber

3.6 g

Protein

13.7 g

Total sugar

5.6 g

Allergens

Dairy

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