

EASY CORN SALAD

This salad is a colorful, nutrient-rich dish that provides fiber, vitamins, minerals, antioxidants, and healthy fats. Corn provides energy and fiber to support digestion, while cherry tomatoes offer vitamin C, potassium, and the antioxidant lycopene. Overall, this recipe is a simple and affordable way to add more vegetables, fiber, and nutrient-rich plant foods to a meal. Serves 4.

Ingredients and Estimated Cost

• Canned corn - 4 cups, rinsed and drained	\$2.50
• Red onion - ¼ onion, finely chopped	\$0.30
• Cherry tomatoes - 1 cup, halved	\$1.50
• Basil- ¼ cup, thinly sliced	\$1.00
• Oil - 3 tbsp	\$0.50
• Lime - 1, juiced	\$0.28
• Salt and pepper - to taste	\$0.05
• Feta cheese - ½ cup, crumbled (optional)	\$1.25

RECIPE COST:
\$7.38

Directions

1. In a mixing bowl, combine corn, red onion, cherry tomatoes, basil, olive oil, and lime.
2. Add feta cheese, if desired.
3. Salt and pepper to taste.
4. Enjoy!

