Corn Salad
Makes 6 – ½ cup servings

Ingredients:
2 cups corn (fresh or frozen, cooked and drained)
2 medium size tomatoes (chopped)
½ green pepper (chopped)
¼ onion (chopped)
¼ cup nonfat ranch dressing

Directions:
1. In bowl, combine corn, tomatoes, green pepper and onion.
2. Stir in dressing.
3. Cover and refrigerate until ready to serve.

Source: Healthy Cents curriculum by the University of Maryland