



Mexican corn & tomato salad

GREEN

Equipment: Can opener
Colander
Chopping board
Measuring spoons
Kitchen Knife
Large bowl
Large spoon

Serves 6

420g can sweet corn kernels, drained and rinsed
1 green capsicum, seeded and diced
3 ripe tomatoes, chopped
2 tablespoons chopped parsley
2 spring onions, sliced
1 Lebanese cucumber, finely diced
1 tablespoon olive oil
Juice of 1 lemon
1 tablespoon sweet chilli sauce
3 tablespoons reduced fat natural yoghurt

Method

- Place all of the ingredients except the yoghurt in a large bowl and mix to combine.
- Top with the yoghurt and then serve.

Source: Adapted from *Healthy Food Fast: Ways to get more fruit and vegies into your day.*
Government of Western Australia, Department of Health 2002.