

Mexican Vegetables

Makes: 7 servings

Spices and red wine vinegar dress up the vegetables in this recipe. Enjoy as a side dish with your favorite entree.

Ingredients

- 1 cup** cucumber (chopped, with peel)
- 1 can** corn (8 3/4 ounce, drained)
- 1 can** stewed tomatoes (16 ounces)
- 1/8 cup** red pepper (chopped)
- 1/8 cup** green pepper (chopped)
- 2 tablespoons** red wine vinegar
- 1/2 teaspoon** garlic powder
- 1/2 teaspoon** cumin (ground)
- 1/4 teaspoon** cilantro or coriander (dried)
- 1/8 teaspoon** black pepper

Directions

1. Combine ingredients and mix well.
2. Serve cold.

Source: Ponichtera, Brenda RDScaleDown Publishing, Inc., Quick and Healthy, Vol.II, 1995, p.88

Nutrition Information

Nutrients	Amount
Calories	50
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	320 mg
Total Carbohydrate	12 g
Dietary Fiber	1 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	