

Confetti Salad

1 cucumber
1 large tomato
1 small onion
1 (15.25 ounces) can no added salt whole kernel corn
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{3}$ cup fat free Italian dressing

Makes 12 portions, $\frac{1}{2}$ cup each

Per portion

Calories: 43
Carbohydrate: 8 grams
Protein: 1 gram
Fat: 1 gram
Saturated fat: 0
Cholesterol: 0
Sodium: 102 milligrams
Dietary fiber: 1 gram

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1. Wash and chop cucumber and tomato.
 2. Finely chop onion.
 3. Drain corn.
 4. Mix all ingredients together and put in large serving bowl.
 5. Refrigerate 1 to 2 hours before serving.