

## Betty's Zesty Corn Salad Recipe



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In this video, Betty demonstrates how to make a healthy and delicious Zesty Corn Salad.

### Ingredients:

- 11-oz. can white whole kernel corn, drained and rinsed
- 1 medium-sized green pepper, chopped
- 1 medium tomato, chopped
- 1 medium-sized purple onion, finely chopped
- 1/4 teaspoon ground black pepper
- 1/2 cup Italian salad dressing

In a medium to large bowl, combine an 11-oz. can drained white whole kernel corn, 1 chopped green pepper, 1 chopped tomato, 1 finely-chopped purple onion, 1/4 teaspoon black pepper, and 1/2 cup Italian salad dressing. Cover and chill until ready to serve. (This salad may be served immediately.) To serve, spoon corn salad into a bowl lined with lettuce leaves. Serve into individual salad bowls. This is a beautiful springtime salad, and It is also healthy and low in calories. Enjoy!!! --Betty :)