

Corn-Tomato Relish

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2 green tomatoes, chopped

1/2 cup cooked corn

1/2 cup onion, chopped

1/2 cup cucumber, seeded and chopped

2 tablespoons parsley, chopped

2 tablespoons yellow mustard

2 tablespoons cider vinegar

In a bowl, combine the tomatoes, corn onion, cucumber, parsley, mustard and vinegar. Mix well.

Per Serving (excluding unknown items): 153 Calories; 2g Fat (11.9% calories from fat); 7g Protein; 31g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 430mg Sodium. Exchanges: 0 Lean Meat; 5 Vegetable; 0 Fat; 0 Other Carbohydrates.