Summer Salad

2 tablespoons fresh lemon juice
1/2 teaspoon salt
1/8 teaspoon dried oregano
2 cloves garlic, finely chopped
1/2 teaspoon chili powder
1/4 teaspoon cumin
1/4 teaspoon pepper
1/4 cup extra virgin olive oil
4 medium fresh tomatoes (about 1-3/4 pounds), diced and drained
2 medium zucchini (about 3/4 pound), diced
1 cup thinly sliced green onion
1-1/2 cups corn kernels*
1 medium avocado, diced

1. Combine lemon juice, salt, oregano, garlic, chili powder, cumin and pepper in a large bowl. Whisk in olive oil.
2. Add remaining ingredients to dressing. Cover, marinate at room temperature one hour or several hours in the refrigerator.

Serves 6.

*Use frozen corn or fresh corn kernels that have been blanched for 3 minutes, then cooled in ice water and cut from the cob.

### Nutrition Facts

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from fat</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>10g</td>
<td>90</td>
<td>15%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td></td>
<td>7%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td></td>
<td>0%</td>
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<tr>
<td><strong>Sodium</strong></td>
<td>196mg</td>
<td></td>
<td>8%</td>
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<tr>
<td><strong>Carbohydrate</strong></td>
<td>18g</td>
<td></td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td></td>
<td>14%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td></td>
<td>7%</td>
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</tbody>
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Vitamin A: 21%        Vitamin C: 61%        Folacin: 14%
Calcium: 3%           Iron: 7%            Potassium: 16%

Barbara Brown, Food Specialist
Oklahoma Cooperative Extension Service

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