

## **Mexican Corn Salad**

*I developed this recipe for a friend that was pregnant at the time. Little did I know I was going to get so hooked on it!*

Serves 4-6

### **Ingredients:**

2 C corn (directly off the cob is best, but frozen will do)  
1 1/2 C frozen sweet green peas  
3 stalks celery, chopped  
1-2 tomatoes, diced  
1/2 green bell pepper, diced fine  
Juice of 2 limes  
1/2 C parsley, minced  
3 green onions, minced  
2 t Mrs. Dash Salt-Free seasoning blend  
2 t ground coriander  
1 t cumin  
1 t cayenne pepper (optional)



### **Preparation:**

Toss all ingredients together in a large bowl and place over greens if you like or serve as-is. I serve it with jicama and avocado.

This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>