Winter Vegetable Salad

Serving Size: 1/2 cup
Yield: 12

Ingredients:
1 can drained whole kernel corn
1 can drained carrots
1 can drained green beans
1 can tomatoes - drained and chopped
1 Tablespoon finely chopped onion
1 Tablespoon finely chopped green pepper
1/3 cup tomato juice from canned tomatoes
1/4 cup vegetable oil
1/3 cup vinegar
2 Tablespoons corn syrup or sugar
1/8 teaspoon black pepper

Instructions:
1. Wash hands and tops of cans.
3. Drain tomatoes. Save 1/3 cup of the liquid.
4. Mix corn, carrots, green beans, tomatoes, onion, and green pepper in a large bowl.
5. Mix together all other ingredients in a separate bowl.
6. Pour over vegetables.
7. Cover and let set at least 3 hours in the refrigerator.

Cost:
Per Recipe: $2.56
Per Serving: $0.21

Adapted from: Cent$ible Nutrition Cook Book, p.fv-28 University of Wyoming Cooperative Extension
Source - USDA at http://recipefinder.nal.usda.gov/