

Salsa Dip

Total Time: 1 hour and 10 minutes

Instructions

1. In a large bowl, add all ingredients and stir until combined well
2. Cover with plastic wrap and refrigerate for at least 1 hour or up to 24 hours

Ingredients

- 1 can (14.5 oz) reduced sodium or no salt added diced tomatoes, drained
- 1 can (15.5 oz) reduced sodium or no salt added black eyed peas, drained and rinsed
- 2 cans (11 oz. each) reduced sodium or no salt added white corn, drained
- 6 green onions, chopped
- $\frac{3}{4}$ cup light Italian dressing
- 3 tablespoons fresh lime juice
- 1 small avocado, pitted, peeled, and chopped
- 3 to 4 tablespoons chopped jalapeño peppers, to taste
- 2 tablespoons chopped fresh cilantro, optional