

DIABETIC RECIPE OF THE MONTH — SEPTEMBER 2006

ZUCCHINI CORN SALAD

- 1/4 cup vegetable oil
- 1/4 cup cider vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon sugar
- 1 1/4 pounds small zucchini, thinly sliced
- 1 medium onion, chopped
- 1 (11 oz.) can Mexican-style whole kernel corn, drained
- Bibb lettuce leaves (optional)

In a bowl, whisk oil, vinegar, salt, pepper, and sugar. Add zucchini, onion, and corn. Chill for eight hours. Serve on lettuce if desired.

YIELD: 6 servings