



Roasted Corn Salsa

Ingredients:

4 large ears yellow sweet corn on the cob (to make 2 1/2 cups cut corn)
1/2 cup finely chopped red onion
1 1/2 cups finely chopped tomato
1 1/2 jalapeno peppers, seeds removed and finely chopped
1/4 cup finely chopped cilantro
1 Tablespoon vegetable oil
1 Tablespoon fresh lime juice
1/2 to 1 teaspoon ground cumin
1/2 teaspoon salt
Ground pepper to taste

Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Preheat oven to 375°F.
3. Remove a few outer leaves and as much silk as possible without completely removing husk from the corn. Wash and place on baking sheet. Cover the corn partially with aluminum foil.
4. Bake in oven for 45-55 minutes.
5. Remove corn from baking heat and allow to cool. Peel corn removing all silk, then remove corn from husk.
6. Combine corn with chopped onion, tomato, jalapeno peppers, and cilantro. Add vegetable oil and mix well.
7. Add lime juice and cumin to taste and stir in salt and ground pepper.
8. Cover and chill for about 15 minutes or more.
9. Serve cold.

Nutrition Facts (Per Serving)

Calories, 205; carbohydrate, 31 g; protein, 6 g; total fat, 7 g; saturated fat, 1.5 g; trans fat, 0 g; cholesterol, 0 mg; dietary fiber, 8 g; total sugars, 13 g; sodium, 90 mg; calcium, 75 mg; folate, 15 mcg; iron, 1 mg; percent of calories from fat, 31%

Recipe courtesy of Produce for Better Health Foundation (PBH)

Makes 4 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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