# **Fresh Corn and Tomato Salsa**



#### Ingredients (6 servings)

- 4 ears fresh corn, kernels removed 1 cup green pepper, chopped
- $^{1}/_{2}$  cup red onion, chopped
- 2 tomatoes, chopped
- 2 cloves garlic, chopped
- 2 tablespoons lemon juice
- $^{1/2}$  teaspoon black pepper
- <sup>1</sup>/4 teaspoon salt

#### Instructions

- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. Combine all ingredients in a large bowl.
- **3.** Refrigerate for at least 1 hour before serving.

### Nutrition Information per serving:

70 calories, 1 g fat, 0 g sat fat, 2 g protein, 15 g carbohydrates, 3 g fiber, 110 mg sodium

## **Corn Five Ways**

#### To microwave corn:

- Remove the husk and silk.
- Wet a paper towel and wring it out.
- Wrap the corn in the moist paper towel.
- Cook in the microwave for 2 minutes for each ear of corn.
- Season to taste. See below for ideas.
- **1. Parmesan Dill.** Coat very lightly with butter. Sprinkle with dry dill weed and parmesan cheese.
- 2. South of the Border. Rub cooked corn with lime wedges, a sprinkle of chili powder and a dash of salt.
- **3. Herbed Corn.** Coat very lightly with butter. Sprinkle with freshly chopped basil, cilantro or dill.
- **4. Spicy Corn.** Lightly coat with a little butter or olive oil. Sprinkle lightly with cayenne pepper, cumin, and garlic salt. Add a dash of bottle hot sauce.
- Sweet Corn. Lightly coat with a little butter. Sprinkle with cinnamon and sugar (1 tablespoon sugar to 3/4 teaspoon cinnamon).

### CORN

**Choose:** corn with green husks, fresh dry silk and tight rows of kernels. **Store:** covered in the refrigerator. Do not remove husks until ready to use. Use within a few days. **How much?** 1 ear = about <sup>1</sup>/<sub>2</sub> cup kernels

Source: Adapted from Food.com. Fresh Corn Salsa. What's Cooking? USDA Mixing Bowl.



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