

Corn Salsa

Servings: 4

From The Joseph P Cory Foundation

Prep Time: 20 min. Total Time: 2 hours*, 20 minutes

Ingredients:
1 ear of corn, kernels removed. You can use frozen corn.
1/2 red bell pepper, diced small
1/2 green bell pepper, diced small
1/2 red onion, diced small
Juice of 2-3 limes and zest of 1 lime
Juice and zest of 1 navel or any orange
2 tablespoons extra virgin olive oil
1/4 cup fresh cilantro, minced
1 clove of garlic, grated
Salt and pepper to taste
1 jalapeno pepper, minced. Use seeds if you want more heat, remove seeds for less heat.

Preparation:
1. Combine all the ingredients together in a bowl and mix thoroughly.
2. Cover and refrigerate for at least *two hours.
3. For healthy options, serve with blue corn chips, romaine lettuce leaves, or on a veggie burger.

Enjoy!