



# Corn Salsa

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Servings: 4

From The Joseph P Cory Foundation

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

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## 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!*

