

# ROASTED CORN SALSA

**SERVES 4**

This roasted corn salsa can be served with tortilla chips or on top of grilled or roasted meats.

## INGREDIENTS

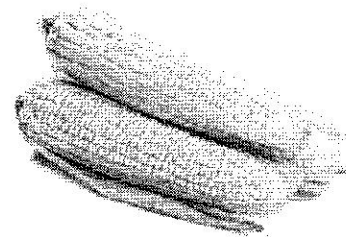
4 large ears yellow sweet corn-on-the-cob to yield 2 ½ cups cut corn	1-tablespoon olive oil
½ cup finely chopped red onion	1-tablespoon fresh lime juice
1 ½ jalapeno pepper, seeds removed and finely chopped	½ to 1-teaspoon ground cumin
¼ cup finely chopped cilantro	1/8-teaspoon salt
	Ground pepper, to taste

## DIRECTIONS

1. Inspect corn-on-the-cobb and remove a few outer leaves and as much silk as possible without completely removing husk. Wash and place on sheet, partially covered with aluminum foil, and bake on the middle rack in a preheated 375 degree oven for 45 to 55 minutes.
2. Once corn is roasted, remove baking sheet and allow corn to cool. Peel ears, removing all silk. Cool completely and cut kernels from ear. Corn should measure at least 2 ½ cups.
3. Combine corn with chopped onion, tomato, jalapeno pepper and cilantro. Add olive oil and mix well. Add lime juice and cumin to taste; then stir in salt and ground pepper. Cover and chill, allowing flavor to blend for about 15 minutes.

Source: Recipe courtesy of Fruits and Veggies-More Matters®  
[www.FruitsAndVeggiesMoreMatters.org](http://www.FruitsAndVeggiesMoreMatters.org)

**NUTRITIONAL INFO:** Serving Size: ¼ of recipe, **Calories:** 204 **Fat:** 6.6 grams (g), **Sodium:** 88 milligrams (mg), **Protein:** 6 grams (g).



## ADDITIONAL FLAVOR

- **AFTER STEP ONE, YOU CAN PLACE THE CORN OVER AN OPEN FLAME (GRILL OR GAS STOVE), MAKING SURE TO TURN CORN OFTEN. DO THIS UNTIL THE CORN IS SOMEWHAT COLORED. THIS GIVES THE CORN-ON-THE-COBB A MORE ROASTED FLAVOR.**

**SIMPLY GOOD EATING**



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