

A close-up, top-down view of a white ceramic bowl filled with fresh corn salsa. The salsa consists of bright yellow corn kernels, diced red tomatoes, and finely chopped green herbs, likely cilantro. The bowl is set against a dark, textured wooden background. A green rectangular box with white text is overlaid on the left side of the bowl.

Fresh Corn Salsa

INGREDIENTS

4 ears **fresh corn** kernels removed
1 cup **green pepper** chopped
1/2 cup **red onion** chopped
2 **tomatoes** chopped

2 tbsp. **lemon juice or vinegar**
1/2 tsp. **ground black pepper**
1/4 tsp. **salt**

6
SERVINGS

60
MINUTES
TOTAL TIME

DIRECTIONS

- 1 Combine all ingredients in a large bowl.
- 2 Refrigerate for at least 1 hour before serving.

Nutrition Facts: 70 Total Calories, 1 g Total Fat, 0 g Saturated Fat, 110 mg Sodium, 15 g Total Carbohydrate, 3 g Dietary Fiber, 4 g Total Sugars, 2 g Protein, 14 mg Calcium, 1 mg Iron.

Recipe adapted from whatscooking.fns.usda.gov.

For tips and tricks to help your family live healthier, visit EatSmartWNY.org.

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