



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**



Corn Salsa

Servings

4 servings

Ingredients

- 1 large corn ear
- ¼ red onion (diced)
- 2 tomatoes (diced)
- 1 jalapeno (seeded and minced)
- salt and pepper to taste
- 1/3 cup fresh cilantro (chopped)

Directions

1. Slice corn off the cob and add to bowl
2. Add remaining ingredients to the bowl and gently stir
3. Add salt and pepper to taste
4. Serve immediately or leave in the fridge to cool

Nutrient content per serving

- Calories- 42cals
- Carbs- 9g
- Protein- 2g
- Fat- .5g
- Sodium- 38mg
- Fiber- 2g

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