

## Fresh Corn Salsa

### **Ingredients:**

3 cups raw corn kernels (about 4 cobs of shucked sweet corn) or canned corn if fresh is not available

1 cup finely chopped red or white onion (about ½ medium onion)

Optional: 1 diced ripe avocado

½ cup finely chopped fresh cilantro (~ 1 bunch)

1 to 2 medium jalapeños, finely chopped (use 1 for mild-to-medium salsa or 2 for spicy salsa) or substitute in green or red pepper for no spice

¼ cup lime juice (about 2 limes), to taste

1 tablespoon white wine vinegar

¼ teaspoon chili powder

¼ teaspoon ground cumin

½ teaspoon fine sea salt



### **Instructions:**

1. In a medium bowl, combine all ingredients. Stir to combine.
2. Adjust to taste, if necessary: For more zing, add about 1 teaspoon more vinegar or 1 tablespoon more lime juice. For more flavor overall, add another pinch of salt. For more spice, add more jalapeño.
3. Allow the salsa to marinate for 20 minutes before serving for optimal flavor
4. Store in the fridge for up to 3-4 days

### **Nutrition Information:**

Recipe makes about 4 cups, ½ cup serving provides: 58 calories, 13 g carb, 1.6 g fiber, less than 1 g fat, 2 g protein, 145 mg sodium

Recipe adapted from Cookies + Kate: <https://cookieandkate.com/fresh-corn-salsa-recipe/#tasty-recipes-29915-jump-target>



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