

Fresh Corn Salsa

Makes: 6 Servings

Fresh corn is the main ingredient in this salsa. Use salsa as a dip for tortilla chips or as a topping for fish, poultry, or meat.

Ingredients

4 ears fresh corn (kernels removed)
1 cup green pepper (chopped)
1/2 cup red onion (chopped)
2 tomatoes (chopped)
2 cloves garlic (chopped)
2 tablespoons lemon juice or vinegar
1/2 teaspoon black pepper
1/4 teaspoon salt

Directions

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

Notes

Tip: This salsa can be used as a dip for tortilla chips or as a topping for fish, poultry, or meat.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	0.5 g	
Protein	2 g	
Carbohydrates	15 g	
Dietary Fiber	3 g	
Saturated Fat	0 g	
Sodium	110 mg	