

CORN SALSA

This fresh, homemade corn salsa is easy to make and packed with fresh ingredients. These ingredients included great sources of fiber and are rich in many vitamins and minerals. It's the perfect to enjoy on top of tacos or quesadillas, or as an appetizer with tortilla chips.

Yield: 10 servings

Ingredients:

- 4 ears of **corn**, husks removed
- 1 15-oz can of **black beans**
- 1 **red bell pepper**, diced
- 2 **Roma tomatoes**, diced
- $\frac{3}{4}$ cup **cucumber**, diced
- $\frac{1}{4}$ cup **red onions**, diced
- 1-2 **jalapeños**, seeded and minced (can use 1 jalapeno for a milder flavor)
- $\frac{1}{3}$ cup packed **cilantro**, minced
- 3 Tbsp **lime juice**
- $\frac{1}{2}$ tsp ground **cumin**
- $\frac{1}{2}$ tsp **salt**
- $\frac{1}{4}$ tsp **garlic powder**
- $\frac{1}{4}$ tsp **paprika**
- $\frac{1}{4}$ tsp **pepper**

Instructions:

1. Cut the kernels off the cob and add to a large bowl.
2. Rinse and drain the black beans and add them to the bowl with the corn.
3. Add the remaining ingredients to the bowl with the corn kernels and combine until all ingredients are evenly coated with the lime juice and spices.
4. Season with additional lime juice and/or salt and pepper. Enjoy!

Chef's Note: The corn in the recipe can be raw or roasted, whichever you prefer! Roasting corn can be done by placing the ears of corn on the grill until they get a nice char or by adding the kernels to a heated pan on the stove and tossing them until they get a little brown and crispy. This salsa is best served cold and can be stored in the fridge for 4-5 days.

Per Serving: Calories 104, Protein 5 g, Saturated Fat 0.2 g, Sodium 291.2 mg, Fiber 5 g, Sugars 5.6 g

This recipe was adapted from carlsbadcravings.com.