November 21 - Fresh Corn Salsa

Smart Snack

Recipe

Ingredients:
4 ears fresh corn (kernels removed)
1 cup green pepper (chopped)
½ cup red onion (chopped)
2 tomatoes (chopped)
2 cloves garlic (chopped)
2 tablespoons lemon juice or vinegar
½ teaspoon
Black pepper
¼ teaspoon
Salt

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

Yields 6 servings

Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Serving Size 1/2 cup (148.34g)</th>
<th>Servings Per Container 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories 100</td>
<td>Calories from Fat 10</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>Total Fat 1g</td>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>Sodium 150mg</td>
<td>Total Carbohydrate 18g</td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>Sugars 5g</td>
<td>Protein 3g</td>
</tr>
<tr>
<td>Vitamin A 8%</td>
<td>Vitamin C 50%</td>
<td>Calcium 0%</td>
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</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet.