



November 21- Fresh Corn Salsa

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/fresh-corn-salsa>

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

Serving Size 1/2 cup (148.34g)
Servings Per Container 6

Amount Per Serving

Calories 100 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 18g **6%**

Dietary Fiber 3g **11%**

Sugars 5g

Protein 3g **6%**

Vitamin A 8% • Vitamin C 50%

Calcium 0% • Iron 4%

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