

Corn



Roasted Corn Salsa

Makes 6 servings

Ingredients:

- 4 large ears yellow sweet corn
- ½ cup finely chopped red onion
- 1 ½ cup finely chopped tomatoes
- 1 jalapeño pepper, seeds removed and finely chopped
- ¼ cup chopped cilantro
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 1 teaspoon cumin
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375 degrees.
2. Remove silk from corn without completely removing husk.
3. Wash and place on a baking sheet and bake for 45 minutes.
4. Remove from oven and once cooled, cut kernels from ear and place in a medium sized bowl.
5. Add remaining ingredients and stir well.

Adapted from: Fruitsandveggiesmorematters.org

Benefits:

- **Vitamin B1** to help your body produce energy
- **Fiber** to help you stay regular.

Serving Ideas:

- Add corn kernels to guacamole for added color and crunch.
- Make corn relish by adding vegetables and beans mixed with vinaigrette.
- Microwave corn on the cob for a quick lunch. Remove silk, clean and close leaves and microwave for 2 minutes until cooked.

Storage:

- Store corn in the refrigerator for 2 days in a plastic bag.

Adapted from: Second Harvest Food Bank of Santa Clara and San Mateo Counties