



Corn Salsa

4-6 servings

INGREDIENTS

- 4-5 ears fresh corn or 1 (15oz) can of corn, drained and rinsed
- 2 cups tomatoes, chopped
- 1 small onion
- 1 clove garlic
- 1 cup sweet pepper, seeded & chopped
- 2 Tbsp oil
- 2 tsp lime juice
- 1/4 tsp black pepper

DIRECTIONS

1. In small bowl, combine oil, lime juice, basil and black pepper. Mix well.
2. In a large bowl, combine corn, tomato, onion, garlic, and pepper.
3. Pour dressing over vegetables and stir together.
4. Refrigerate until serving.

Tip: Try adding black beans to the dish for protein!



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