



Corn and Red Pepper Salsa

Serves: 12 servings

Active time: 45 minutes

Total time: 1 hour

Ingredients

1 ½ cups corn
½ cup red bell pepper, diced
½ cup red onion, diced
¼ teaspoon fresh jalapeno, chopped
½ teaspoon French garlic, minced
2 tablespoons cilantro, chopped
2 ½ tablespoons fresh lime juice
Pinch chipotle powder
Pinch chili powder
Pinch ground cumin



Directions

- Combine all ingredients and refrigerate until needed. Salsa may be served at room temperature.

NUTRITIONAL DATA PER SERVING (1/2 CUP): calories 43.27 | fat 0.69g | saturated fat 0.11g | cholesterol 0mg | sodium 76.04mg | carbohydrates 8.32g | fiber 0.41g | sugars 0.95g | protein 1.26g