

## RECIPES

## Fresh Corn and Tomato Salsa

**Ingredients** (6 servings)

4 ears fresh corn, kernels removed  
 1 cup green pepper, chopped  
 1/2 cup red onion, chopped  
 2 tomatoes, chopped  
 2 cloves garlic, chopped  
 2 tablespoons lemon juice  
 1/2 teaspoon black pepper  
 1/4 teaspoon salt

**Instructions**

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Combine all ingredients in a large bowl.
3. Refrigerate for at least 1 hour before serving.

**Nutrition Information per serving:**

70 calories, 1 g fat, 0 g sat fat, 2 g protein,  
 15 g carbohydrates, 3 g fiber, 110 mg sodium

**Corn Five Ways****To microwave corn:**

- Remove the husk and silk.
- Wet a paper towel and wring it out.
- Wrap the corn in the moist paper towel.
- Cook in the microwave for 2 minutes for each ear of corn.
- Season to taste. *See below for ideas.*

1. **Parmesan Dill.** Coat very lightly with butter. Sprinkle with dry dill weed and parmesan cheese.
2. **South of the Border.** Rub cooked corn with lime wedges, a sprinkle of chili powder and a dash of salt.
3. **Herbed Corn.** Coat very lightly with butter. Sprinkle with freshly chopped basil, cilantro or dill.
4. **Spicy Corn.** Lightly coat with a little butter or olive oil. Sprinkle lightly with cayenne pepper, cumin, and garlic salt. Add a dash of bottle hot sauce.
5. **Sweet Corn.** Lightly coat with a little butter. Sprinkle with cinnamon and sugar (1 tablespoon sugar to 3/4 teaspoon cinnamon).

**CORN**

**Choose:** corn with green husks, fresh dry silk and tight rows of kernels.

**Store:** covered in the refrigerator. Do not remove husks until ready to use. Use within a few days.

**How much?** 1 ear = about 1/2 cup kernels