



Presents



Corn Salsa

Presented on August 23, 2014

Ingredients:

4 ears of corn in their husks
2 jalapenos
2 vine ripened tomatoes stemmed, seeded, and diced
1/2 cup diced red onion
1/2 teaspoon minced garlic
3 Tablespoons roughly chopped cilantro
1 Tablespoon roughly chopped mint
1/4 cup freshly squeezed lime juice
2 tablespoon olive oil
1/2 teaspoon salt or to taste

Directions

Soak the ears of corn (in their husks) in a deep dish bowl filled with cold water for 1 hour placing a plate or other heavy waterproof item on the top of the corn to keep the ears submerged.

Preheat the grill to medium. Lay the corn on the grill and cook for 20 to 25 minutes, turning frequently until outer leaves are blackened.

Grill the jalapenos for 5 to 6 minutes turning periodically. Remove the corn and jalapenos from the grill and set aside to cool.

Once the corn is cool, remove the husks and silk. Cut the kernels off of the cobs and place in large bowl. Finely chop the jalapenos and add to corn along with tomatoes, onion, cilantro, garlic, oil, mint, lime juice, and salt. Serve with corn chips. refrigerate leftovers if there is any.

Calories-111cal, Carbs - 16g, Fat - 5g, Protein - 3g, Sodium - 211mg, Sugar - 4g