

Roasted Corn Salsa

Serves 4

½ cup red onion, chopped
½ cups ripe tomato, chopped
½ jalapeno pepper, seeds removed and chopped
¼ cup cilantro, chopped
4 large ears yellow sweet corn on the cob
(2½ cups cut corn)
1 tablespoon canola oil
1 tablespoon fresh lime juice
½ teaspoon ground cumin
⅛ teaspoon salt
Ground pepper to taste

TIPS:

- The salsa tastes best served the same day, but it can also be made ahead.
- Roasting the corn in the oven (or barbeque grill) allows the corn on the cob to cook more slowly. The corn is sweeter and has a richer flavor than boiled corn.

1. Preheat oven to 375°F.
2. Wash and prepare onion, tomato, jalapeno pepper and cilantro.
3. Remove a few of the outer leaves on corn and all the silks without completely removing husk.
4. Pull back husk and wash corn, wrap husk back around corn and place on a baking sheet. Loosely cover corn with aluminum foil. Bake on middle rack for 45 to 55 minutes.
5. Remove from oven and let corn cool completely.
6. Peel corn. Cut kernels from ear to yield 2½ cups.
7. Combine corn with onion, tomato, jalapeno and cilantro. Add oil and mix well.
8. Add lime juice and cumin to taste, then stir in salt and ground pepper.
9. Cover and chill for 15 minutes or more.

Nutrition Facts:

Serving size: 1 cup; Calories: 127; Fruits and Vegetables: 2 servings; Fat: 4 g; Fiber: 4 g



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