



Women's
Heart Advantage
of Idaho

- 3 cups corn kernels, frozen or fresh, roasted
- 1 1/2 cups green chiles, diced
- 1 1/2 cups plum tomatoes, diced
- 1/3 cup red onion, diced
- 3/4 cup lemon juice, fresh
- 1/3-cup fresh cilantro, chopped
- 2 tablespoons prepared adobo sauce
- 3 tablespoons jalapeno pepper, diced
- 1 1/2 teaspoon salt
- 1/2 tablespoon red pepper, crushed

Roast corn kernels. Mix all ingredients; let stand at least 20 minutes to allow flavors to combine. Use with baked chips, or as a side dish or condiment.

Serves 10. Each 1/2 cup serving has:
50 calories, 0 g fat, 354 mg sodium, 12 g carbohydrate, 1 g protein.

