2-Minute Corn Salsa

PREP TIME: 5 MINUTES  |  SERVES: 12

The vibrant combination of sweet yellow corn with zesty salsa is perfect as-is or with any of the optional add-ins. Try pan roasting the corn for a simple flavor twist that will impress friends and family.

Ingredients

- 1 jar (24 oz.) chunky salsa, mild, medium or spicy, as desired
- 1 can (15.25 oz.) whole kernel corn, well drained

Optional add-ins

- 1/4 cup chopped fresh cilantro or sliced green onion
- 1/2 tsp. ground cumin
- 1 tsp. grated lime zest
- 1 small avocado, diced
- 3/4 cup canned black beans, rinsed and drained
- Finely diced jalapeño, to taste

Instructions

1. Stir together salsa and corn.
2. Stir in any of the add-ins, as desired.
3. Chill at least 2 hours before serving with tortilla chips, sweet potato chips, pita chips, bell pepper strips or sliced cucumber.

Recipe Variation: Roasted Corn Salsa

1. Drain corn and pat dry with paper towels.
3. Add corn and cook about 8 minutes, stirring frequently, until kernels are well toasted and snap during last 2 to 3 minutes.
4. Cool; stir into salsa and continue as recipe directs.

For more recipes and resources, visit www.healthiergeneration.org/delmonte