



IN *The Villages*<sup>®</sup>  
*America's Healthiest Hometown*

## Roasted Corn Salsa

**Prep Time:** 55 minutes

**Yields:** 4 servings

**Serving Size:** 1 1/2 cups of fruits and vegetables per serving

### Ingredients:

4 large ears yellow sweet corn-on-the-cob to yield 2 ½ cups cut corn

½ cup finely chopped red onion

1 ½ cups finely chopped ripe tomato

1 ½ jalapeno pepper, seeds removed and finely chopped

¼ cup finely chopped cilantro

1 Tbsp. olive oil

1 Tbsp. fresh lime juice

½ to 1 tsp ground cumin

1/8 tsp salt

Ground pepper to taste

### Directions:

1. Inspect corn on the cob and remove a few outer leaves and as much silk as possible without completely removing husk. Wash and place on baking sheet, partially covered with aluminum foil, and bake on the middle rack in a preheated 375 °F oven for 45 to 55 minutes.
2. Once corn is roasted, remove baking sheet and allow corn to cool. Peel ears, removing all silk

### Nutritional Information:

Calories: 207

Total fat: 5.2 g  
Saturated fat: 0 g  
Cholesterol: 1.3 mg  
Sodium: 231 mg  
Total fiber: 4 g  
Protein: 22 g  
Carbohydrates: 18 g

*Source: Fruits & Veggies more matters*