



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Corn & Pepper Relish

Ingredients

- Kernels from 2 ears of sweet corn
- 1/4 red bell pepper, finely chopped
- 2 tablespoons finely chopped red onion
- 2 tablespoons finely chopped fresh cilantro
- 1 tablespoons rice wine vinegar
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- Sea salt

Directions

1. Bring a small pot of lightly salted water to a boil. Add the corn and cook for about 30 seconds.
2. Drain and put in a medium bowl to cool.
3. Add the red pepper, onion, cilantro, vinegar, cumin and chili powder.
4. Season with salt and serve warm or chilled.

Serves 4

Nutrition: 50 calories, 1 g fat, 10 g carbohydrate, 2 g fiber, 2 g protein, 15 mg sodium

Source: Oldways



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