



**VETRI  
COMMUNITY  
PARTNERSHIP**

EAT. EDUCATE. EMPOWER.

## MOBILE TEACHING KITCHEN

### Blueberry Corn Salsa

#### INGREDIENTS

##### For the salsa:

- 6 ears fresh **corn**
- 1 cup fresh **blueberries**
- 1 small **cucumber**, diced
- ¼ cup **red onion**, diced
- ¼ cup fresh **cilantro**, chopped
- 1 **jalapeno pepper**, seeded and diced

##### For the dressing:

- 1 **lime**, juiced
- 2 tablespoons **olive oil**
- 1 tablespoon **honey**
- ½ teaspoon **ground cumin**

#### DIRECTIONS:

##### For the dressing:

1. Combine lime juice, olive oil, honey and ground cumin in small mixing bowl and whisk. Set aside.

##### For the salsa:

1. Cook corn in boiling water for 5 minutes or until tender. Alternatively, roast in the oven at 400 Degrees for 15 minutes. Allow corn to cool.
2. Carefully slice kernels off the cob using a sharp knife.
3. In a serving bowl, combine corn kernels, blueberries, diced cucumber, diced red onion, chopped cilantro, and diced jalapeno.
4. Add dressing to corn mixture and toss to combine. Serve immediately or cover and refrigerate overnight.