



**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 salsa and toss. Serve immediately or cover and refrigerate overnight.



**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:

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

For the salsa:

5. 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.
6. Carefully slice kernels off the cob using a sharp knife.
7. In a serving bowl, combine corn kernels, blueberries, diced cucumber, diced red onion, chopped cilantro, and diced jalapeno.
8. Add dressing to salsa and toss. Serve immediately or cover and refrigerate overnight.