

Charred Corn Salsa

Serves 8



Ingredients:

- Cooking Spray
- 2 garlic cloves, minced
- 3 scallions, thinly sliced, whites and greens divided
- 1 jalapeño, de-seeded and minced
- 20 ounces corn*
- ¼ cup plain, low-fat yogurt
- 1 lime, zested and juiced
- 1 cup cilantro leaves and stems, finely chopped
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 3 Tablespoons olive oil
- 2 Tablespoons apple cider vinegar
- 1 teaspoon honey
- ½ teaspoon chili powder
- ¼ teaspoon smoked paprika



***If using canned corn, rinse and drain before using. If using frozen corn, thaw before use. Remove as much moisture as possible before cooking corn for better browning.**

Instructions:

1. Preheat skillet to medium heat and coat evenly with cooking spray.
2. Mince garlic and thinly slice scallions, separating the green and white portions. De-seed and mince jalapeno.
3. Spread corn evenly across skillet and cook for 5-10 minutes or until golden brown, stirring occasionally. Stir in garlic and green onions. Spread mixture around to brown all sides of the corn.
4. To make the dressing: Zest and juice 1 lime. Finely chop cilantro leaves and stems. Mix together salt, black pepper, white scallions, yogurt, lime zest and juice, cilantro, olive oil, apple cider vinegar, minced jalapeno, honey, chili powder, and smoked paprika to a medium bowl. Whisk well to combine.
5. Remove corn from skillet and place in a large bowl. Add dressing to the corn and stir well to combine. Serve warm or chilled and enjoy as a dip with fresh vegetable slices or a side dish.

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Nutrition Facts

Serving Size 1 × 8 Serving

Amount Per Serving

Calories 121.5

% Daily Value*

Total Fat	5.8 g	7 %
Saturated Fat	0.9 g	5 %
Trans Fat	0 g	
Cholesterol	0.5 mg	0 %
Sodium	162.1 mg	7 %
Total Carbohydrate	17.5 g	6 %
Dietary Fiber	2.4 g	9 %
Total Sugars	8.1 g	
Added Sugars	0.7 g	1 %
Protein	2.8 g	
Vitamin D	0 mcg	0 %
Calcium	26 mg	2 %
Iron	0.5 mg	3 %
Potassium	217.5 mg	5 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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