



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

September 29th, 2015 Cooking Class

Featuring

Tiffany Gagliardo

from D'Avolio Olive Oils, Vinegars & More

Corn Salsa

Serves 6- 8

Ingredients:

- 2 large ears of corn
- ¼ red onion, diced
- 2 ripe tomatoes
- 1 jalapeno
- 1 lime, juiced
- ½ cup fresh cilantro
- Sea salt and ground pepper to taste

Directions:

1. Combine and mix all the ingredients
2. Serve with whole grain tortilla chips/pita

| Nutrition Facts | |
|--|---------------------|
| Serving Size: 1 serving (69.6g) | |
| Servings: 1 | |
| Amount Per Serving | |
| Calories 30 | Calories from Fat 0 |
| %Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 85mg | 4% |
| Total Carbohydrate 7g | 2% |
| Dietary Fiber 1g | 5% |
| Sugars 2g | |
| Protein 1g | |
| Vitamin A 8% | • Vitamin C 15% |
| Calcium 0% | • Iron 2% |
| *Percent Daily Values are based on a 2,000 calorie diet. | |

