



**Nutrition
information
per serving:**

Calories

70

Carbohydrate

14 g

Dietary Fiber

4 g

Protein

2 g

Total Fat

1 g

Saturated Fat

0 g

Trans Fat

0 g

Cholesterol

0 mg

Sodium

80 mg



Roasted Corn, Pepper, and Nopales Salsa

Try this salsa in your favorite tacos for a fresh twist.

Makes 8 servings. *½ cup per serving.* | **Prep time:** 20 minutes | **Cook time:** 10 minutes

1. Place all peppers and corn on a baking sheet. Broil for about 10 minutes, turning to lightly char all sides of the peppers and corn.
 2. Place peppers in a small paper bag and fold over the top; let stand for 5 minutes. Rub off skins and remove seeds and stems.
 3. Chop poblano and jalapeño peppers.
 4. Cut corn off cob and place in a medium bowl; add chopped peppers and all remaining ingredients and stir. Cover and refrigerate until ready to serve.
- 4 poblano peppers, stemmed, seeded**
 - 2 jalapeño peppers, stemmed, seeded, and halved**
 - 2 ears fresh corn**
 - 1½ cups chopped tomato**
 - ½ cup chopped, cleaned, raw nopales (cactus leaves)**
 - ½ cup chopped red onion**
 - 2 tablespoons fresh lime juice**
 - 2 tablespoons chopped fresh cilantro**
 - ¼ teaspoon salt**

tip: Try this recipe with frozen corn. Frozen vegetables are always in season and usually cost less.

