

Eat Smart!

Fresh Corn and Avocado Salsa

- 4 ears sweet corn (or frozen sweet corn)
- 2 whole very firm avocados, diced
- ½ red onion, diced
- 2 cloves of garlic, minced
- ½ jalapeno, seeded and finely diced
- ½ red bell pepper, seeded and finely diced
- juice of a lime
- chopped cilantro to taste
- salt to taste
- 1 tablespoon vinegar
- 1 teaspoon sugar (optional)

1. Slice kernels off the corn, and combine it with all remaining ingredients in a bowl.
2. Cover and refrigerate before serving.



Nutrition Facts

10 servings per container	
Serving size	(80g)
Amount per serving	
Calories	80
<small>% Daily Value*</small>	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 257mg	6%

*The % Daily Value 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.

K-STATE
Research and Extension

Wildcat District

Pittsburg 620-232-1930
Girard 620-724-8233
Altamont 620-784-5337
Independence 620-331-2690

K-State Research and Extension is an equal opportunity provider and employer.

www.wildcatdistrict.k-state.edu