

BITS and BITES

Southwest Cilantro Lime Corn Salad

Serving Size: ½ cup

Ingredients

- 2 tsp. olive oil
- 4 cups frozen, thawed, or canned corn (drained) or 5 ears fresh corn
- ½ cup diced red bell pepper
- 1 jalapeno, minced
- ½ medium red onion, peeled & finely diced
- 3 tbsp. fresh cilantro, minced
- 1 tbsp. lime juice
- Salt & pepper, to taste

Directions

1. Heat pan over medium-high heat. Add olive oil & let olive oil heat for 2 minutes.
2. Add corn, bell pepper, jalapeno, & onion. Cook, stirring occasionally, for about 8 minutes until the contents are golden brown.
3. Remove the pan from heat. Stir in cilantro & lime juice. Add salt & pepper to taste.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

This institution is an equal opportunity provider.

Southwest Cilantro Lime Corn Salad is a fun, quick, & healthy recipe for the whole family to enjoy!

Consider:

- Adding protein, like chicken or shrimp
- Adding tomatoes or avocado
- Adding brown rice, quinoa, whole grain tortilla chips, or whole grain pasta
- Adding herbs or spices, like dill, mint, garlic, or chives for additional flavor

Corn is a whole grain vegetable, rich in vitamin C (immunity), magnesium (muscle health), B vitamins (metabolism), & carotenoids (eye health). Corn contains little fat & is a great source of fiber!

NC STATE EXTENSION

Steps to Health
Supplemental Nutrition Assistance Program Education (SNAP-Ed)

BITS and BITES

Southwest Cilantro Lime Corn Salad

Serving Size: ½ cup

Ingredients

- 2 tsp. olive oil
- 4 cups frozen, thawed, or canned corn (drained) or 5 ears fresh corn
- ½ cup diced red bell pepper
- 1 jalapeno, minced
- ½ medium red onion, peeled & finely diced
- 3 tbsp. fresh cilantro, minced
- 1 tbsp. lime juice
- Salt & pepper, to taste

Directions

1. Heat pan over medium-high heat. Add olive oil & let olive oil heat for 2 minutes.
2. Add corn, bell pepper, jalapeno, & onion. Cook, stirring occasionally, for about 8 minutes until the contents are golden brown.
3. Remove the pan from heat. Stir in cilantro & lime juice. Add salt & pepper to taste.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

This institution is an equal opportunity provider.

Southwest Cilantro Lime Corn Salad is a fun, quick, & healthy recipe for the whole family to enjoy!

Consider:

- Adding protein, like chicken or shrimp
- Adding tomatoes or avocado
- Adding brown rice, quinoa, whole grain tortilla chips, or whole grain pasta
- Adding herbs or spices, like dill, mint, garlic, or chives for additional flavor

Corn is a whole grain vegetable, rich in vitamin C (immunity), magnesium (muscle health), B vitamins (metabolism), & carotenoids (eye health). Corn contains little fat & is a great source of fiber!

NC STATE EXTENSION

Steps to Health
Supplemental Nutrition Assistance Program Education (SNAP-Ed)