

Corn Salsa Recipe

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This easy corn salsa made with lime, cilantro and tomatoes are perfect with chips or served over your favorite tacos or burrito bowls!

PREP TIME:
15 mins

COOK TIME:
0 mins

CHILL TIME:
1 hr

TOTAL TIME:
1 hr 15 mins

YIELD: 6 servings COURSE: Appetizer, Side Dish CUISINE: Mexican



Ingredients

- 2 cups cooked sweet yellow corn kernels, cut off the cob (from 3 cobs*)
- 2 small vine ripe tomatoes (seeded and diced)
- 1/2 cup red onion (diced)
- 1 scallion (diced)
- 1 jalapeño (diced (remove seeds for mild))
- 2 tbsp chopped cilantro
- 1 fresh lime (juice of)
- kosher salt and fresh pepper to taste

Instructions

1. Combine all the ingredients and refrigerate for about an hour. Makes about 3 cups.

Notes

*If using frozen, thaw first.

To boil the corn, place peeled ears of corn in boiling water and cook 5 minutes, then drain and cool.

To microwave the corn, place a wet paper towel around each ear of corn and microwave about 3 to 4 minutes, until the corn is tender.

To grill the corn, place peeled ears of corn on the grill over medium heat and cook, turning until charred, about 10 minutes.

Nutrition

Serving: 1/2 cup, Calories: 57kcal, Carbohydrates: 12g, Protein: 2g, Fat: 0.5g, Sodium: 10mg, Fiber: 2g, Sugar: 4g

- WW Points: 0

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