

# SWEET CORN



## STORAGE

Keep it in a plastic bag with small holes in the refrigerator for up to 4 days.

## HELPS SUPPORT

Heart health and digestion.

## HOW TO USE

Add it to a vegetable soup, an egg scramble, or a salad.

## COLORS

Yellow and white.

# CORN AND PEPPER SALAD

Servings: 4

Preparation Time: 10 Minutes

## INGREDIENTS

- 1½ ears of sweet corn
- 2 poblano peppers, stemmed and seeded
- 1 jalapeño pepper, stemmed, seeded, and halved
- 1 cup chopped tomato
- ¼ cup chopped onions
- 1 tablespoon lime juice
- 1 tablespoon chopped cilantro
- 1 pinch of salt



*Photo: Champions for Change Program*

## INSTRUCTIONS

1. Cut the corn off cob and place it in a medium bowl.
2. Chop the poblano and jalapeño peppers and add them to the medium bowl.
3. Add all remaining ingredients and mix them together.

*Adapted from the Champions for Change Program*