

JENNI MARIE'S TEST KITCHEN

www.JMtestkitchen.com

Corn Salsa

Serves 4-6 People

Equipment Needed:

- **Mixing Bowl**
- **Kitchen Scale**
- **Measuring Cups & Spoons**
- **Cutting Board & Chef's Knife**
- **4-cup (1 liter) Food Storage Container with lid**

Directions:

1). Gather all equipment & ingredients. Wash, de-seed, and dice tomato & bell pepper. Wash, dry, and dice chives. Combine all ingredients in a mixing bowl. Refrigerate for 1 hour. After 1 hour, give it a good stir, taste test, and add more seasonings if desired. Serve with tortilla chips. Store in airtight container in fridge for up to 5 days. Enjoy!

- **16 oz. Fresh, Frozen or Canned Sweet Corn**
- **1/4 C. Diced Tomato**
- **1/4 C. Diced Bell Pepper**
- **3 T. Fresh Chopped Chives (or diced red onion)**
- **1/4 C. Frigo Shredded Parmesan**
- **1/4 C. Low FODMAP Garlic Oil (or regular oil & 1/2 t. garlic powder)**
- **3 T. Vinegar**
- **1 T. Sugar (more or less, to taste)**
- **1-2 T. Fresh Lime Juice**
- **1/8 t. Cayenne Pepper**
- **1/4 t. Celery Seed**
- **Salt & Pepper to Taste**

