

CHIPOTLE CORN RELISH

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 1/4 cup with 8 chips)

Nutrition (per serving)

Calories: 96

Total Fat: 2 g

Saturated Fat: 2 g

Sodium: 105 mg

Total Carbohydrate: 19 g

Dietary Fiber: 2 g

Total Sugars: 3 g

Protein: 1 g



Ingredients

- 2 cups cooked corn kernels
- 1/3 cup chopped cherry tomatoes
- ¼ cup diced bell pepper
- 3 Tablespoons diced red onion
- 2 Tablespoons non-fat plain yogurt
- 1 chipotle pepper, seeded and finely diced
- 2 teaspoons adobo sauce
- 1 Tablespoon chopped cilantro
- 2 teaspoons sugar
- 1 teaspoon ground chili powder
- ½ teaspoon ground cumin
- Juice of ½ lime
- Baked tortilla chips



Directions

1. Mix all ingredients besides chips in medium bowl.
2. Serve with chips. Also a great topper to chicken or fish!