

# CHIPOTLE CORN SALSA

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 10, Service Size 1/4/ cup*

## Nutrition (per serving)

Calories: 40

Total Fat: 1 g

Saturated Fat: 0 g

Sodium: 40 mg

Total Carbohydrate: 5.5 g

Dietary Fiber: 1.5 g

Total Sugars: 1 g

Added Sugars: 0 g

Protein: 1 g

PREP TIME: 15 min



## Ingredients

- 1 medium ear of corn, grilled and kernels cut off
- ½ cup diced tomato
- ½ cup diced avocado
- ½ cup black beans
- 1/3 cup diced red onion
- 1 ½ Tablespoons fresh lime juice
- 1 Tablespoon chopped fresh cilantro leaves
- 1 Tablespoon finely chopped chipotle peppers, seeded
- 1 teaspoon minced fresh garlic
- ¼ teaspoon ground black pepper
- 1/8 teaspoon salt



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## Directions

1. Mix all ingredients in medium sized bowl.
2. Serve with tortilla chips or over fish or chicken.