

Grilled Corn Salsa

3 large ears corn
¼ cup red onion, diced
2 ripe tomatoes, diced
1 jalapeno pepper, seeded and chopped
1 tablespoon garlic minced
2 tablespoons olive oil
Sea salt and ground black pepper to taste
Juice of one lime
1/3 cup fresh cilantro, chopped

Directions:

1. To grill corn, leave the husk on and grill it first until charred, remove the husk and strings and put back on the grill for a little color for 2-3 minutes, rolling it.
2. Once grilled, slice corn off the cob and add to a bowl with remaining ingredients and stir. Serve with pita chips
3. Serve immediately and keep covered in fridge for several days.

Serves 4

Nutrient Analysis, per serving: 44 calories, 10g. carbohydrate, 1.6g. protein, 0g. fat, 151mg. sodium