

Corn & Charred Poblano Salsa



This sweet and spicy salsa made with corn, roasted poblano peppers, jalapeños, and citrus juice is a copycat for the one served at your favorite quick burrito spot.

YIELD	PREP TIME	TOTAL TIME
12 SERVINGS	10 MIN	20 MIN

INGREDIENTS

1 each	Poblano Pepper
24 oz	Frozen Corn, thawed (about 6 cups)
1 Tbsp	Olive Oil
½ each	Red Onion, minced
2 each	Jalapeños, seeded, minced
½ bunch	Fresh Cilantro, finely chopped (about ½ cup)
½ each	Lemon, juiced
½ each	Lime, juiced
½ tsp	Kosher Salt

CHEF'S NOTES

Using frozen corn makes this dish convenient and affordable. If fresh corn on the cob is in season, you can also char it on a grill or under a broiler before removing from the cob.

If you do not have a gas burner available, the pepper can be roasted to char the skin using your oven's broiler setting.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place the pepper directly over the burner of a gas stove set to medium heat. Using a pair of metal tongs, turn the pepper occasionally, until blistered and blackened on all sides. Transfer the charred pepper to a bowl and cover tightly with plastic wrap. Allow to sit for 5-10 minutes or until the skin starts to loosen and the pepper is cool enough to handle.
3. Meanwhile, heat a large nonstick skillet over a medium-high heat and add the olive oil. Once the oil is hot, add the corn and stir to coat with the oil. Stirring often, cook until the corn begins to brown on the edges, about 5 minutes. Transfer the roasted corn to a sheet pan and allow to cool.
4. Once the poblano is cool enough to handle, use a clean kitchen towel or a paper towel to carefully rub off and discard the blackened skin, remove the ribs and seeds then finely chop the pepper.
5. In a large bowl, add cooled corn, red onion, jalapeños, poblano peppers, cilantro, lemon juice, lime juice, and salt. Stir to combine, Enjoy!

Nutrition Facts

12 servings per container

Serving size 1/2 cup (87g)

Amount Per Serving

Calories 70

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.3mg 2%

Potassium 180mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

