

CHIPOTLE CORN SALSA

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)

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|--------------------|--------------------------|
| Calories: 40 | Total Carbohydrate: 15 g |
| Total Fat: 1 g | Dietary Fiber: 1.5 g |
| Saturated Fat: 0 g | Total Sugars: 1 g |
| Sodium: 40 mg | 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

Directions

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