

## Farmers Market Fun Family Recipes



**Serving Size:** 1 Cup

**Yield:** 6 servings

### Ingredients

- |   |                                      |
|---|--------------------------------------|
| 3 cups fresh, canned, or thawed frozen corn | 1 red bell pepper, seeded and diced  |
| 2 Tablespoons olive oil                     | 1½ cups seeded and diced tomatoes    |
| 1 cup minced red onion                      | 4 Tablespoons chopped fresh cilantro |
| 2 teaspoons chili powder                    | 3 Tablespoons cider vinegar          |
| 1 teaspoon cumin                            | salt and pepper to taste             |
| 1 green bell pepper, seeded and diced       |                                      |

### Instructions

1. In a small sauté pan, warm olive oil over medium heat.
2. Add onion and sauté for a few minutes.
3. Add chili powder and cumin and sauté for 1 minute longer.
4. In a serving bowl, combine corn, bell peppers, tomatoes, and cooled onions. Toss to mix.

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## Nutrition information:

Calories: 150  
Carbohydrate: 26 gm  
Fiber: 4 gm  
Fat: 6 gm  
Protein: 4 gm  
Cholesterol: 0 mg  
Sodium: 65 mg

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*For more information,  
contact your county  
WVU Extension office  
or go to [www.ext.wvu.edu](http://www.ext.wvu.edu).*



5. Add cilantro and vinegar. Toss well to combine.
6. Season to taste with salt and pepper and toss again.  
This recipe is best served at room temperature.

## Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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