

# Corn Salsa

13 g carbohydrates | 2 g protein | 2 g fiber  
| Approximately 56 calories |



## Know your genes!

Cilantro is a type of herb used in many different dishes. But what's interesting about this herb is that some people's genes make cilantro taste like soap! Ask around in your family, do they like cilantro? Test out this recipe with cilantro, if it tastes like soap to you it may be because of your genes.

## Food Preparation Materials

Slicing knife  
Cutting board or mat  
Small bowl  
Mixing Spoon  
Whisk  
Can opener  
Measuring cups and spoons  
Lemon squeezer

## Ingredients- Makes 8 servings

1 15-oz. can corn, drained and rinsed  
3 medium-large heirloom tomatoes, chopped  
 $\frac{1}{2}$  medium onion, diced  
 $\frac{1}{4}$  cup fresh cilantro, chopped  
2 tsp. minced garlic  
2 lime, juiced  
Salt, to taste

## What To Do

1. Cut tomatoes, onion, and cilantro using the techniques taught in class and stated in the ingredients.
2. In a small bowl, juice 2 limes using a lemon squeezer. Add garlic and mix together with a whisk.
3. In a separate bowl, combine corn, tomatoes, onion, and cilantro. Pour lime juice mixture over and fold together. Serve with tortilla chips or as a side dish.