
Fiesta Corn

Casandra Ramirez - Bardstown, KY

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Servings: 8

Start to Finish Time: 25 minutes

1/4 cup butter, cubed

1 small onion, chopped

2 to 3 jalapeno peppers, seeded and chopped

6 plum tomatoes, seeded and chopped

5 cups fresh or frozen corn

1 1/2 teaspoons salt

lime wedges (for garnish) (optional)

In a five-quart stockpot, heat the butter over medium heat. Add the chopped onion and jalapenos. Cook and stir until the onion is crisp-tender, 3 to 4 minutes. Stir in the tomatoes. Cook for 3 minutes longer.

Add the corn. Cook, uncovered, for 8 to 10 minutes until tender, stirring occasionally. Stir in the salt.

Serve with lime wedges, if desired.

Side Dishes

Per Serving (excluding unknown items): 67 Calories; 6g Fat (76.1% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 463mg Sodium. Exchanges: 1/2 Vegetable; 1 Fat.