

Quick Corn Relish

1/3 cup sugar
1 tablespoon cornstarch
1/2 teaspoon salt
1 teaspoon ground turmeric
1/4 cup cider vinegar
1/4 cup water
1 small onion, minced
10 ounces frozen corn kernels
1/2 green bell pepper, finely chopped

In medium saucepan, combine sugar, cornstarch, turmeric, salt, vinegar, water, onion and corn. Make sure to blend in cornstarch.

Cook and stir over medium heat until mixture boils and thickens.

Remove from heat and stir in bell pepper.

Chill; may be made days ahead.

Yield: 2 cups

Per Serving (excluding unknown items): 610 Calories; 3g Fat (3.6% calories from fat); 11g Protein; 151g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 1083mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 1/2 Vegetable; 0 Fat; 4 1/2 Other Carbohydrates.