

Pepper-Corn Salsa

Jean-Pierre Peiny - Executive Chef, L.A. Farm Restaurant
Tifton Gazette

Servings: 6

1 large red onion, diced
1/2 cup extra-virgin olive oil
1 Anaheim Chile pepper, skinned, seeded and diced
1 green bell pepper, seeded, skinned and diced
2 large red tomatoes, diced
2 large yellow tomatoes, diced
1 cup fresh kernel corn
1 teaspoon salt
1 teaspoon pepper
juice of two limes
1/2 bunch cilantro, chopped
1 jalapeno chile pepper, seeded and diced

In a large pan over medium-high heat, saute' the diced onion in olive oil (adding as needed).

After two minutes, add the Anaheim and green bell peppers.

Saute' for 2 more minutes and add the tomatoes, corn, salt and pepper.

Saute' 2 additional minutes. Remove from the pan and place the salsa in a large container to cool. Leave in the refrigerator for 3 hours.

Before serving, add the lime juice, cilantro and jalapeno pepper.

Serving Ideas: Ideal with grilled swordfish.

Per Serving (excluding unknown items): 187 Calories; 18g Fat (84.8% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 373mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 3 1/2 Fat.