



# Confetti Corn

4 Servings • 1 Serving =  $\frac{1}{4}$  Cup

## INGREDIENTS

- 2 cups cooked corn kernels
- $\frac{1}{2}$  small poblano pepper, finely chopped
- $\frac{1}{2}$  red bell pepper, finely chopped
- 1 large carrot, grated
- 2 green onions, thinly sliced
- 1 handful cilantro, chopped
- $\frac{1}{2}$  teaspoon ground cumin, or to taste
- Juice of 1 lime
- $\frac{1}{2}$  Tablespoon extra virgin olive oil
- $\frac{1}{2}$  teaspoon salt
- 4-8 romaine lettuce leaves

## DIRECTIONS

1. If using canned corn, rinse and drain. If using frozen, allow to thaw under cold running water.
2. In a large bowl, combine the corn, poblano, red bell pepper, carrot, green onion, and cilantro. Stir to combine.
3. In a small bowl, combine the cumin, lime juice, and oil. Whisk to combine and then pour over the corn mixture. Season with salt, stir, and then let sit for 15 minutes before serving.
4. Serve in romaine lettuce cups.

## Nutrition Facts

4 servings per container

**Serving size**  $\frac{3}{4}$  cup

**Amount per serving**

**Calories** **110**

% Daily Value\*

**Total Fat** 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 320mg **14%**

**Total Carbohydrate** 22g **8%**

Dietary Fiber 3g **11%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

**Protein** 3g

Vitamin D 0mcg **0%**

Calcium 23mg **2%**

Iron 1mg **6%**

Potassium 321mg **6%**

\*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

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