

313 MAIN STREET  
AMES, IA 50010  
515.233.4272

M-W 9:30am-6pm  
TH 9:30am-8pm  
FR 9:30am-6pm  
SA 9:30am-5pm



**Fresh Corn Summer Salsa**  
*Makes 12 cups – Serves 8*

Salsa is always in season, but during corn season, a fresh salsa featuring garden-fresh corn is especially nice. Paired with protein-rich black beans and edamame, this corn salsa is hearty enough to turn what's typically an appetizer into almost a meal. The classic flavors that typically define salsas are all there – onion, Jalapeño peppers, lime, and cilantro. The colorful composition makes this presentation a stunner on the table. Put this salsa on your summer menu – eating vegetables has never tasted better!

***Ingredients:***

6 ears of corn (about 3 cups corn kernels)  
1 cup frozen edamame, thawed  
1 can (15 oz.) black beans, rinsed and drained  
2 cups tomatoes, seeded, diced  
1 avocado, half-inch dice  
1 medium red onion, quarter-inch diced  
2 Jalapeño peppers, seeded, finely diced  
4 tablespoons cilantro, minced

***Dressing Ingredients:***

2 limes, juiced (about 4 tablespoons)  
1 teaspoon Tabasco (or your favorite hot sauce)  
1 teaspoon Kosher salt  
1 teaspoon ground cumin  
1 tablespoon olive oil

Tortilla corn chips for serving

***Directions:***

1. Cook the corn by grilling, boiling, or microwaving the corn ears. Remove the kernels from the ears and place in a medium bowl.
2. Add the edamame, black beans, diced tomatoes, avocado, red onion, Jalapeño peppers, and cilantro. Toss to evenly distribute the ingredients.
3. In a separate bowl, whisk together the dressing ingredients: lime juice, Tabasco, salt, cumin, and olive oil. Pour the dressing over the corn mixture. Toss again to evenly coat all the vegetables.
4. Serve with fresh corn tortilla chips – large ones for easy scooping!