

Chipotle and Roasted Corn Salsa

My family loves this salsa. especially in a bowl with cilantro rice, chicken, sour cream, and cheese. The chipotle is the secret ingredient!

Recipe by Consuelo Rubio | Created on **Mar 11, 2022**

Ingredients

- cooking spray
- 2 cups frozen corn
- 2 vine-ripened tomatoes, cut into 1/2 inch pieces
- 1 small red onion, diced
- ¾ cup diced red bell pepper
- 2 jalapeno peppers - seeds removed and reserved, flesh minced
- 2 teaspoons finely chopped canned chipotle pepper
- 4 tablespoons fresh lime juice
- 1 tablespoon olive oil
- ¼ cup chopped fresh cilantro
- salt to taste

Directions

- Spray a large skillet with non-stick cooking spray, and place over medium-high heat. Add corn to hot skillet. Cook, stirring occasionally, until browned but not burned. Place in a large bowl.
- Stir the tomatoes, onion, bell pepper, and jalapeno peppers into the corn; sprinkle in some of the reserved jalapeno seeds. Stir in the chipotle peppers, lime juice, olive oil, and cilantro. Season with salt to taste.

Nutrition Facts

Serving: **20 servings** | Calories: **27.8 kcal** | Carbohydrates: **5.1 g** | Protein: **0.8 g** | Saturated fat: **0.1 g** | Sodium: **4.5 mg** | Fiber: **0.8 g** | Sugar: **1.4 g**

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