



Ensalada de Maíz Crudo

Rinde 6 raciones (½ taza cada una)

Ingredientes

- 4 mazorcas grandes de maíz, saque los granos del maíz
- 1 pimiento verde, picado
- 6 tomates rojos, picados
- 2 zanahorias medianas, ralladas
- ¼ de taza de cebollines, picados finamente
- 1 diente de ajo, picado
- 2 cucharaditas de aceite de oliva
- 2 cucharadas de vinagre de sidra
- ½ taza de cilantro fresco, picado

Pruebe con:

- ¼ cucharadita de pimienta negra
- ¼ de jalapeño, picado

Instrucciones

1. Lave todos los vegetales. Prepare los vegetales picándolos o rallándolos.
2. Agregue todos los vegetales en un tazón grande y mézclelos.
3. Agregue ajo, aceite, vinagre, cilantro fresco y pimienta negra. Mezcle bien y sirva.

Información Útil

- Se puede comer el maíz crudo.
- No cocine el maíz crudo demasiado. Cocine las mazorcas de maíz al vapor con 2-3 pulgadas de agua en una olla. Hágalo hervir, apague el fuego, y deje la olla tapada de 3 a 5 minutos.

Source: CUCE-NYC FMNP Recipe Collection 2014



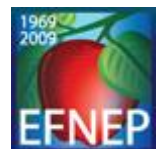
Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

Visit Cornell University Cooperative Extension NYC at <http://nyc.cce.cornell.edu>



Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 30g	10%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 5g	
Vitamin A 70%	Vitamin C 80%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	