

Easy Grilled Roasted Corn Salsa: The Ultimate Summer Dip

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TIME
10-12 min

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INGREDIENTS

- 3 ears of corn, husked
- 1 tablespoon olive oil
- 1/2 red onion, finely diced
- 1 jalapeño, seeded and finely diced
- 1/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Swaps and Notes:

Corn: Fresh corn on the cob is best here for that smoky, grilled flavor. If you don't have fresh corn, you can use canned or frozen corn, but you'll lose the smoky element.

Jalapeño: You can adjust the amount of jalapeño to your desired level of heat. For a spicier salsa, leave some of the seeds in.

Red Onion: Finely diced red onion adds a sharp, fresh bite that is a perfect contrast to the sweet corn.

Cilantro: Fresh cilantro is a must here. It adds a bright, fresh finish that really makes the salsa pop.

Step-by-Step Instructions:

Grill the Corn: Lightly brush the husked ears of corn with olive oil. Place them on a preheated grill or grill pan over medium-high heat. Cook for 10-12 minutes, turning every few minutes, until the corn is tender and has a beautiful char on all

sides.

Cut the Corn: Once the corn is cool enough to handle, use a sharp knife to cut the kernels off the cob into a large bowl.

Combine the Salsa: Add the finely diced red onion, jalapeño, and chopped fresh cilantro to the bowl with the corn.

Dress the Salsa: Pour in the fresh lime juice, salt, and black pepper. Stir everything together until well combined.

Serve: Serve the salsa immediately with tortilla chips or as a topping for tacos, burritos, or grilled meat.

Tips for Success:

Don't Overcook the Corn: You want the corn to be tender and slightly charred, but not mushy.

Let the Corn Cool: Let the corn cool slightly before you cut it off the cob. It will be easier to handle.

Finely Dice the Vegetables: Finely dicing the red onion and jalapeño ensures you get a little bit of every flavor in each bite.

Adjust to Taste: Give the salsa a quick taste and adjust the amount of salt, pepper, or lime juice to your liking.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 100 kcal

Carbohydrates: 15g

Protein: 3g

Fat: 5g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 250mg

Fiber: 3g

Sugar: 5g

DIRECTIONS

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9. **Adjust to : Taste:** Give the salsa a quick taste and adjust the amount of salt, pepper, or lime juice to your liking.
10. **Serving Suggestions and Pairings:** This Easy Grilled Roasted Corn Salsa is a perfect dip for tortilla chips. It's also a fantastic topping for a variety of meals, from grilled chicken or fish to tacos and

burritos. For a fun, Mexican-inspired party spread, it would go perfectly with a crockpot nacho dip or a platter of sheet pan quesadillas.

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20. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
21. Storage and Leftover Tips: This salsa is best served fresh, but you can store it in an airtight container in the refrigerator for up to 3 days. The flavors will continue to meld and it will still taste delicious.
22. More Recipes You'll Love: If you enjoy easy, savory, and satisfying meals, you might also like these other recipes:
23. This : Mexican Chicken and Rice Casserole is my favorite one-pan dinner that's always a hit
24. This : Walking Taco Bar is my favorite no-fuss way to feed a crowd
25. Easy : Cheesy Chicken Sliders with Marinara Garlic Butter

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