

Microwaved Corn with a Kick (Makes 6 servings)

- 3 cups frozen or fresh (cut from the cob) corn
- 2 fresh jalapeno peppers, seeded and diced
- 1/2 cup diced onion
- 2 Tablespoons chopped pimento peppers
- 1 Tablespoon olive oil

Combine all ingredients in a microwave safe bowl. Cook about 4 minutes or until heated through. Stir every minute.

Nutrition Information

Per serving (1/2 cup): Calories: 90; Fat: 3.4 gm; Saturated Fat: 0.5 gm; Carbohydrate: 13 gm; Sodium: 80; Fiber: 1 gm



*For more information about UW Health Heart, Vascular and Thoracic Care please visit [uwhealth.org/heartandvascular](https://www.uwhealth.org/heartandvascular).
For additional healthy recipes, please visit [uwhealth.org/recipes](https://www.uwhealth.org/recipes).*

