

Nectarine, Corn, and Tomato Relish

Serve this tomato relish recipe--full of nectarines, corn and fresh tomatoes--as a wonderful accompaniment to grilled chicken or fish or try it tossed it with whole-wheat pasta and a little extra olive oil.

Makes: 6 servings
 Prep Time: 15 minutes
 Cook Time: N/A minutes

Source: eatingwell.com recipe/ nectarine corn tomato relish



Small Changes,
 BIG Difference!

Ingredients

- 3 ripe but firm nectarines, chopped
- 1 cup quartered yellow cherry tomatoes
- ¾ cup fresh corn kernels (from about 1 large ear) or frozen (thawed)
- 2 scallions, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper

Directions

1. Combine nectarines, tomatoes, corn, scallions, oil, salt and pepper in a medium bowl.
2. Serve chilled.

Utensils Needed

- Measuring Cups/Spoons
- Cutting Board
- Knife
- Medium Bowl
- Mixing Spoon



Nutrition Information

Serving Size: 2/3 cups

Nutrients	Amount
Calories:	74
Total Fat:	2.9 g
Saturated Fat:	0.4 g
Cholesterol:	0 mg
Sodium:	106.6 mg
Total Carbohydrates:	12.1 g
Dietary Fiber:	1.9 g
Total Sugars:	6.8 g
Added Sugars:	0 g
Protein	1.7 g

SHOPPING LIST

Average total cost without oil and seasonings: \$7.13

Average cost/serving: \$1.18

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 3 to Cart
Nectarines



Add 1 to Cart:
Frozen Corn Kernels (12 oz)



Add 1 to Cart:
Medley Tomatoes (12 oz)



Add 1 to Cart:
Scallions (1 bunch)

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- **Make Ahead Tip:** Cover and refrigerate for up to 1 day.
- **Tip:** If you use fresh corn-- to remove corn kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife. One ear will yield about 1/2 cup kernels.

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Spaghetti Squash with Tomato, Basil, and Parmesan
 - Cowboy Salad
 - Peach Salsa