



# MicroDried®

## Fruits & Vegetables

Powders • Fragments • Whole

### corn and avocado salsa

- +4 large plum tomatoes, diced
- +1/4 cup **MicroDried® Corn Kernels**
- +1 ripe avocado, diced
- +1/4 cup green onion, diced
- +1/4 cup fresh cilantro, chopped
- +1 small jalapeño, diced (optional)

- +1 garlic clove, minced
- +Juice of one lime
- +3/4 tsp Kosher salt
- +1/2 tsp pepper

\*\*Serve with tortilla chips, corn chips, sliced peppers, with nachos, quesadillas, grilled steak, or chicken.

#### featured product

**MicroDried® Corn Kernels**

1) Finely dice all ingredients and add to large bowl. Add lime juice and seasonings. Place in refrigerator, let sit for at least 30 minutes to let the flavor develop. Refrigerate in an airtight container for up to one week.

### spicy tajin corn

- +1 cup **MicroDried® Corn Kernels**
- +1 Tbsp Tajin seasoning

- +1 Tbsp sriracha
- +Spray oil

\*\*Enjoy as a snack or add to snack mixes, salads, tacos, fajitas, rice, etc.

- 1) Preheat oven to 250°F.
- 2) Add all ingredients to medium mixing bowl. Spray with oil and stir to combine.
- 3) Place in preheated oven for 10 minutes. Remove and let cool.
- 4) Store in airtight container for up to two weeks.

#### featured product

**MicroDried® Corn Kernels**

