



Another Healthy Recipe from  
**Healing Tree Wellness Center**

[www.healingtreehealth.com](http://www.healingtreehealth.com)

**Corn and Aduki Bean Salsa**

Ingredients

2 ears of corn  
2 medium tomatoes, chopped  
1 stalk green onion, chopped  
½ medium sweet onion, chopped  
½ cucumber, peeled and diced  
¼ c. Aduki beans (see recipe)  
fresh lemon or lime  
pinch of sea salt

Directions

Cut corn off the cob and add to other ingredients in a bowl. Squeeze juice from a lemon or lime and add salt. Mix well and refrigerate for 30 minutes or until flavors have blended.

Serve with White or Blue Corn Tortilla Chips