

Fresh Corn Salsa



2 cups frozen sweet corn, thawed
1 medium tomato, seeded and chopped
¼ cup finely chopped sweet onion
1 jalapeno or Serrano pepper, seeded and chopped
¼ cup chopped cilantro
2 tbsp. fresh lime juice

Combine corn, tomato, onion and pepper in a medium bowl. Add cilantro and lime juice. Toss well. Refrigerate until ready to serve. Makes 6 servings.

Nutrition information per serving: 67 calories; 2 grams protein; 0.5 grams fat; 14 grams carbohydrate; 5 mg sodium