

## **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