

## **Spring Salsa**

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**Preparation Time: 15 minutes**

**Start to Finish Time: 15 minutes**

**1 1/2 cups cherry tomatoes, seeded and chopped**

**1 cup frozen whole kernel corn, thawed**

**1/4 cup red onion, chopped**

**2 tablespoons fresh cilantro, chopped**

**1 clove garlic, minced**

**1 jalapeno pepper, seeded and minced**

**2 tablespoons fresh lime juice**

**salt and pepper (to taste)**

**tortilla chips**

Stir together the tomatoes, corn, onion, cilantro, garlic, jalapeno, and lime juice.

Season with salt and pepper to taste.

Cover and chill until ready to serve (up to 3 hours).

Serve with chips.

Yield: 3 1/2 cups

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Per Serving (excluding unknown items): 225 Calories; 2g Fat (7.3% calories from fat); 8g Protein; 53g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 29mg Sodium. Exchanges: 2 Grain(Starch); 3 Vegetable; 0 Fruit; 0 Fat.