



Homemade Salsa

Makes 6 servings | Serving size: ½ cup

Ingredients Needed:

- 4 fresh tomatoes, diced
- 1 cup corn, fresh or frozen
- ½ cup onion, diced
- 2 Tablespoons lime juice
- 2 cloves fresh garlic, finely diced
- Optional: 1 Tablespoon jalapeno peppers, chopped

Directions:

1. Combine all the ingredients.
2. Serve with low-fat baked tortilla chips, or fresh veggies (carrots, green or yellow beans, zucchini squash, yellow summer squash, or broccoli)