



# APPETIZERS

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## Homemade Salsa

Makes 6 Servings

### Ingredients

1 cup fresh tomatoes, diced  
½ cup corn kernels, fresh or frozen  
½ cup onion, diced  
1 tablespoon (or less) jalapeno peppers,  
chopped  
2 tablespoons lime juice  
2 cloves fresh garlic, finely diced

### Directions

1. Combine all the ingredients.
2. Serve with low fat baked tortilla chips, or fresh vegetables, cut up.

### Nutrition Facts

Calories: 33  
Carbohydrates: 8 grams  
Total Fat: 0.4 grams  
Saturated Fat: 0 g  
Sodium: 26 mg  
Cholesterol: 0mg



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