

Fresh Tomato and Corn Salsa

Try this salsa on grilled chicken or seafood

Makes 2 cups (500 ml)

Preparation: 5 - 10 minutes, plus 1 hour resting time.

1 small onion, peeled, cut into 1-inch (2.5 cm) pieces (about 1 cup [250 ml] pieces)

1/3 cup (75 ml) fresh cilantro

1 medium jalapeño pepper, seeded, cut into 1-inch (2.5 cm) pieces

3 medium vine-ripened tomatoes, cut into 1-inch (2.5 cm) pieces

1-1/2 teaspoons (7 ml) fresh lime juice

2/3 cup (180 ml) fresh or frozen corn kernels (frozen kernels do not need to be thawed)

3/4 teaspoon (3 ml) salt

Insert the metal blade. Place onion, cilantro and jalapeño in work bowl. Process until finely chopped, about 5 seconds. Scrape work bowl. Add tomatoes and lime juice. Pulse until tomatoes are coarsely chopped, about 5 – 7 times. Add corn and salt; pulse once to just combine. Let sit for 1 hour before serving to allow . Flavours to develop. Serve with chips.

Nutritional analysis per tablespoon:

Calories 8 (0% from fat) • carbo. 2g • pro. 0g • fat 0g •
sat. fat 0g • chol 0mg • sod. 56mg • . ber 0g