Dinner Tonight!

Spicy Corn Salsa

2 cups corn kernels, canned or frozen
2 Tablespoons red onion, minced
2 Tablespoons tomato, diced
2 Tablespoons jalapeño peppers, diced
2 Tablespoons lime juice
2 teaspoons artificial sweetener (Splenda)
1 Tablespoon vinegar
salt, pepper, garlic to taste

Optional ingredients:
1/4 cup ripe avocado, diced

Wash your hands and clean your cooking area. Drain corn and combine all ingredients. Serve immediately or let chill for several hours before serving.

Serves: 6

Nutrition facts per serving:
Calories: 70
Total Fat: 0.5 g
Cholesterol: 0 mg
Sodium: 230 mg
Total Carbohydrate: 11 g
Protein: 1 g