
Artichoke Salsa

Servings: 16

14 ounces artichoke hearts, canned; drained and chopped
1 cup tomatoes, diced small
1/2 cup yellow onion, diced fine
1 cup corn kernels, thawed
1/2 cup roasted red pepper, diced fine
1/4 cup cilantro, chopped fine
1/2 cup lime juice
3/4 cup olive oil
1 tablespoon salt
1 teaspoon crushed red pepper
1 tablespoon jalapeno chile pepper, chopped fine
1 tablespoon cumin powder
1 tablespoon garlic , chopped fine

1. Place the prepared vegetables in a stainless steel bowl
2. In a separate bowl, place the following ingredients; this will be the dressing for the salsa
3. Blend the dressing ingredients to mix completely
4. Pour the dressing over the prepared Artichoke and vegetable mixture
5. Gently blend so that all of the ingredients are completely coated with the lime dressing
6. After mixing all of the ingredients, place in a storage container and chill completely; serve as a Salsa dip with chips or Pita bread

Yield: 3 ounces

Per Serving (excluding unknown items): 120 Calories; 10g Fat (73.1% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 427mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat.