

Recipes

Fresh Tomato Salsa

Number of servings: 5

Preparation time: 15 minutes

Total time: 15 minutes

Ingredients:

- 2 cups tomatoes, diced (2-3 medium)
- 1/3 cup finely diced red onion (about 1/2 small)
- 2 tablespoons red-wine vinegar or fresh lime juice
- 1/2 to 1 jalapeno (depending on taste), seeded and minced
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon salt
- Pinch of pepper to taste

Equipment Needed:

Cutting board
Knife
Mixing bowl
Wooden spoon
Measuring spoons and cups

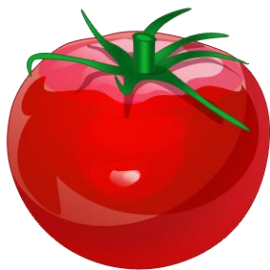
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Directions

- First, dice the tomatoes and red onion into small pieces. Then, mince the jalapeno into very small pieces after scraping out the seeds inside. Lastly, chop the fresh cilantro.
- Combine tomatoes, onion, vinegar, jalapeno, cilantro, salt and pepper in a medium bowl. Refrigerate until ready to serve, for up to three days.
- Serving Tips: stir into scrambled eggs or top a baked potato. Add to soups or stir into rice.



**Swap out 1 cup of
tomato for 1 cup of
chopped peaches to
make peach salsa!**

Nutrition Facts

Serving Size: 1/2 cup	
Recipe makes 5 servings	
Calories 22	
Calories from Fat 0g	
Amount Per Serving	%DV
Total Fat 0g	0%
Saturated Fat 0g	0%
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 122 mg	5%
Potassium 215 mg	6%
Total Carbohydrate 4.5g	1%
Dietary Fiber 1.4g	5%
Protein 1g	2%
Vitamin A	22%
Vitamin C	20%

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