

Pablo's Salsa

Ingredients:

- 3 tomatoes, diced
- 1/2 cup onion, diced
- 2 green peppers, diced
- 1/2 cup cilantro, minced
- 1/4 teaspoon garlic powder or 2
cloves of fresh garlic,
minced
- 1 teaspoon salt
- 2 teaspoons lime juice
- 4 cups corn chips

Equipment:

- Cutting board
- Knife
- Measuring cups & spoons
- Medium bowl

Number of Servings: 8
 Prep Time: 10 minutes
 Total time: 40 minutes

Directions

1. Wash all produce and pat dry. Finely dice tomatoes, onion, and green peppers. Place in mixing bowl.
2. Mince the cilantro and add to mixing bowl.
3. Add garlic powder or fresh garlic, salt, and lime juice. Mix well.
4. If possible, refrigerate for 30 minutes before serving.
5. Serve with corn chips.

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Nutrition Facts

Serving Size: 1/4 cup salsa with 1/2 cup chips
 Servings: 8

| Amount Per Serving | | Calories from Fat 60 | |
|---------------------------|------------|----------------------|-----|
| | | %Daily Value* | |
| Calories | 134 | | |
| Total Fat | 7g | 11% | |
| Saturated Fat | 1g | 5% | |
| Cholesterol | 0mg | 0% | |
| Sodium | 400mg | 17% | |
| Total Carbohydrate | 17g | 6% | |
| Dietary Fiber | 3g | 10% | |
| Protein | 2g | 5% | |
| Vitamin A | 8% | Vitamin C | 78% |
| Iron | 8% | Calcium | 6% |

*Percent Daily Values are based on a 2,000 calorie diet.

TIP: Add one small jalapeño pepper diced for spice. You can also include 1/2 cup or canned corn or black beans for more variety and color.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.