

Eat Smart • Move More

Fresh Salsa

Prep Time: 10 minutes

Total Time: 40 minutes



Ingredients

- 3 tomatoes, diced
- 2 bell peppers, diced
- ½ cup cilantro, chopped
- ⅔ onion, diced
- 2 teaspoons lime juice
- ½ teaspoon salt
- 4 carrots, sliced

Nutrition Facts

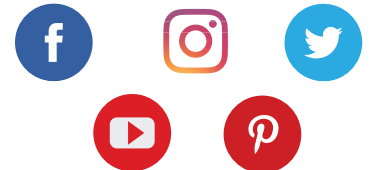
6 servings per container	
Serving size	1 serving (179.04g)
Amount per serving	
Calories 50	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes g of Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	2%
Potassium 439mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Add a diced jalapeño pepper to make the salsa spicy.
- ▶ The longer the salsa is refrigerated, the more the flavors intensify.
- ▶ You can also include ½ cup canned corn or black beans for more variety and color.

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Directions

- Mix tomatoes, bell peppers, cilantro, onion, lime juice, and salt together in a bowl. NOTE: For a smoother salsa, mix in a blender or food processor.
- Refrigerate for at least 30 minutes.
- Serve with carrot rounds.

(Recipe adapted from California Department of Health Services, as listed at: <https://whatscooking.fns.usda.gov>)

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