



## Fresh Salsa

*Fresh tasting with just a bit of heat.*

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### Makes 6 servings.

*½ cup per serving.*

**Prep time:** 20 minutes

### Ingredients

1 pound ripe tomatoes  
(about 2 medium  
tomatoes), chopped

1½ cups chopped onion

⅓ cup chopped fresh cilantro

3 jalapeño peppers, seeds  
removed and chopped

2 tablespoons lime juice

2 cloves garlic, finely  
chopped

¼ teaspoon salt

### Preparation

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

#### ***Nutrition information per serving:***

Calories 34, Carbohydrate 8 g,  
Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g,  
Saturated Fat 0 g, Trans Fat 0 g,  
Cholesterol 0 mg, Sodium 105 mg