

Fresh Salsa

Makes: 4 servings

Fresh tomatoes with jalapeno peppers, cilantro, onions, and lime make this dish a light and easy summer time treat. Serve it with chicken and rice for a complete meal.

Ingredients

- 2 tomatoes (chopped)
- 1/2 onion (chopped)
- 3 jalapeno chiles (finely chopped, seeded if desired)
- 1/4 cup cilantro (chopped)
- 1/4 teaspoon salt
- 1 lime (juiced)

Directions

1. In a medium bowl, mix all ingredients.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Source: California Department of Health Services, Healthy Latino Day Campaign

Nutrition Information

Nutrients	Amount
Calories	30
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	150 mg
Total Carbohydrate	6 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 IU
Calcium	15 mg
Iron	0 mg
Potassium	216 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1/2 cup
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