

Fresh Salsa

Ingredients:

- 1 to 2 garlic cloves, finely chopped
- ½ c. onion, finely chopped, finely chopped
- ½ large green bell pepper, finely chopped
- ½ to 1 whole jalapeno pepper, finely chopped*
- 4 large Roma (paste) tomatoes, chopped
- 1 small bunch of cilantro leaves, finely chopped
- 1 Tbsp. lemon juice or lime juice (freshly squeezed)



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Directions:

- Mix ingredients together and serve. Store covered in the refrigerator and use within a few days. Serve with whole-grain crackers or chips.
- *Note:** Be cautious when handling jalapeno peppers. Wear plastic gloves if possible and wash your hands thoroughly. The “heat” is in the seeds and veins.

This recipe is not suitable for canning.

Makes 4 servings. Per serving: 35 calories, 0 grams (g) fat, 2 g protein, 8 g carbohydrate, 2 g fiber, 25% vitamin A and 70% vitamin C.

NDSU EXTENSION
SERVICE