

Salsa Fresca

Makes: 7 servings

Ingredients

- 5** tomatoes (medium)
- 2** jalapeño
- 2** garlic clove
- 1/4** red onion (medium)
- 3 tablespoons** lime juice (fresh)
- 1/2 teaspoon** salt
- 1/4 teaspoon** black pepper
- 1 tablespoon** cilantro (fresh, leaves)

Directions

1. Wash the vegetables. Cut the tomatoes into 1/2-inch pieces and put into a medium bowl. Because they can burn the skin, an adult should seed and mince the jalapenos and add them to the tomatoes.
2. Peel the garlic and mince. Peel the onion and cut into 1/4-inch pieces. Add the onion and garlic to the tomato mixture.
3. Stir in the lime juice, salt and pepper. Chop the cilantro and stir only until combined.

New Mexico State University Cooperative Extension Service, Cooking with KidsLynn Walters and Jane StaceyUSDA Food and Nutrition Service Food Stamp Nutrition Education Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	20	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	5 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	170 mg	7%