

Fresh California Salsa



Submitted by: Cecilia D
Rated: 4 out of 5 by 97 members

Yields: 16 servings

" Diced, minced and chopped veggies and herbs - tomatoes, peppers, onion, garlic and cilantro, are stirred and given a splash of lime juice. That 's it. You can make it mild or hot depending on the number of bits of jalapeno pepper you add."

INGREDIENTS:

4 large tomatoes, diced	1 jalapeno pepper, seeded and minced
1/2 large onion, minced	2 tablespoons fresh lime juice
3 cloves garlic, chopped	salt to taste
2/3 cup chopped fresh cilantro	

DIRECTIONS:

1. In a small mixing bowl, combine tomatoes, onion, garlic, cilantro and lime juice. Add jalapenos 2 teaspoons at a time, tasting after each addition to see how hot the salsa has become. Jalapeno peppers vary in heat, so it is important to taste the salsa to ensure you do not make it too hot to handle. Salt to taste. Enjoy!

Nutrition Info (per serving)

Calories 13 (10% from fat) | Protein 0.5g | Fat 0.2g (sat 0g) | Carbohydrate 3g | Fiber 0.7g | Cholesterol 0mg | Iron < 1mg | Sodium 5mg | Calcium 6mg