



Make Healthy Happen One Meal at a Time

Salsa

Ingredients

6 Roma or garden tomatoes cut into quarters
1 jalapeno, seeded and roughly chopped
½ large yellow or red onion peeled and roughly chopped
3 cloves garlic, chopped or crushed
Juice of lime
1 cup loosely packed fresh cilantro leaves
1/8 tsp. cumin

Instructions

Place all ingredients in a blender or food processor and pulse until just chunky. Taste and adjust seasonings if needed. Refrigerate at least an hour to let the flavors meld.

Nutrition Information Comparison

Serving Size: ¼ cup

Homemade Salsa

Calories: 13

Total Fat: 0

Sodium: 18 mgs

Carbohydrates: 3 g

Protein: 0

Bottled Salsa

Calories: 20

Total Fat: 0

Sodium: 300 mgs.

Carbohydrates: 5 g

Protein: 0