

# Fresh Tomato Salsa

- Serve on top of your favorite grilled meat, scrambled eggs, baked potatoes or eat with tortilla chips.
- You can substitute **white or apple cider vinegar** for lime juice.
- If you don't have fresh tomatoes, you can substitute a **14-ounce can of "low sodium" or "no salt added" diced tomatoes.**
- To add protein, toss in **1/2 cup** (or 1/2 of a 14-ounce can) of drained and rinsed **black beans and corn.**
- For a different twist, keep all ingredients and substitute tomatoes for **4 fresh peaches** or **1 pint of strawberries** and make a fresh fruit salsa – delicious with tortilla chips or on top of grilled fish.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(79g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>20</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 176mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Fresh Tomato Salsa

Servings: 6

Prep Time: less than 20 minutes



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## Ingredients:

- 1 medium jalapeno pepper, seeds removed, diced (about 2 table-spoons)
- 1/2 medium onion (about 1/2 cup chopped)
- 2 cloves garlic, chopped, or 1 teaspoon garlic powder
- 1-2 Tablespoons lime juice (juice from 1-2 limes Add more or less to taste)
- 2 - 3 large tomatoes (about 2 cups chopped)
- 1/4 cup cilantro, chopped (about 1/4 of a bunch; optional)

## Directions:

1. Rinse peppers. Remove seeds and chop very small (**mince**). Optional: for extra spicy salsa, add seeds back to taste.
2. Peel onion and garlic. Rinse and **dice** onion. **Mince** garlic.
3. If using fresh cilantro, **rinse** and **dry** between two paper towels. **Chop** leaves and stems together.
4. **Rinse** tomatoes, **cut** into 4 pieces, **remove** seeds and **chop** tomato flesh. (Removing seeds will reduce watery salsa, but it is optional.)
5. In a medium bowl, **mix** together tomatoes, onions, garlic, lime juice, jalapeno and cilantro. **Mix** well.
6. **Add** more lime juice and a sprinkle of salt to **taste**.
7. Best served **cold!**

## Recipe Credit:

Adapted from: Cooking Matters