Fresh Tomato Salsa

Number of servings: 5
Preparation time: 15 minutes
Total time: 15 minutes

Ingredients:

- 2 cups tomatoes, diced (2-3 medium)
- 1/3 cup finely diced red onion (about ½ small)
- 2 tablespoons red-wine vinegar or fresh lime juice
- 1/2 to 1 jalapeno (depending on taste), seeded and minced
- ¼ cup chopped fresh cilantro
- ¼ teaspoon salt
- Pinch of pepper to taste

Directions

- First, dice the tomatoes and red onion into small pieces. Then, mince the jalapeno into very small pieces after scraping out the seeds inside. Lastly, chop the fresh cilantro.
- Combine tomatoes, onion, vinegar, jalapeno, cilantro, salt and pepper in a medium bowl. Refrigerate until ready to serve, for up to three days.
- Serving Tips: stir into scrambled eggs or top a baked potato. Add to soups or stir into rice.

Swap out 1 cup of tomato for 1 cup of chopped peaches to make peach salsa!

Equipment Needed:

- Cutting board
- Knife
- Mixing bowl
- Wooden spoon
- Measuring spoons and cups

Nutrition Facts

Serving Size: 1/2 cup
Recipe makes 5 servings

Calories 22
Calories from Fat 0g
Amount Per Serving %DV
- Total Fat 0g 0%
- Saturated Fat 0g 0%
- Monounsaturated Fat 0g
- Trans Fat 0g
- Cholesterol 0mg 0%
- Sodium 122 mg 5%
- Potassium 215 mg 6%
- Total Carbohydrate 4.5g 1%
- Dietary Fiber 1.4g 5%
- Protein 1g 2%
- Vitamin A 22%
- Vitamin C 20%

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