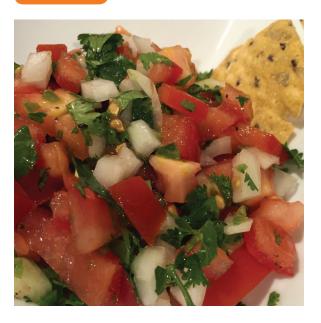
Flavorful Salsa Fresca

Try this authentic fresh salsa recipe to serve at your next BBQ or party!

Serves 8



Nutrition Facts

Serving Size About ¼ Cup Servings Per Recipe 8

Servings Per Recipe 8			
Amount Per Serving			
Calories 10	Ca	alories fro	m Fat 0
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 100mg			4%
Total Carbohydrate 3g			1%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 0g			
Vitamin A 6%	6 •	Vitamin 0	C 15%
Calcium 0%	•	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grat Fat 9 • (65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Please note: nutritional values are approximate.

Ingredients

- 4 ripe tomatoes, diced
- 1 small onion, diced
- 1 bunch cilantro, minced
- · Zest from 1 lime
- Juice from 1 lime
- 1-2 jalapeño peppers, seeded and chopped (optional)
- Salt and pepper to taste

Directions

- 1. Mix together all ingredients in a medium bowl. Use as much or as little jalapeño pepper as you like.
- 2. Season with salt and pepper to taste.
- 3. Enjoy immediately with tortilla chips or refrigerate until ready to use.

*Note: It is easiest to zest the lime before you cut it and juice it.

