

Tomato Salsa

Serves 6, ⅓ cup per serving

Ingredients

- 2 medium jalapeño peppers
- ½ medium red onion
- 2 cloves garlic
- 1 Tablespoon cider vinegar
- 1 (14½-ounce) can diced tomatoes, no salt added

Optional Ingredients

- ¼ cup fresh cilantro leaves



Directions

1. Rinse peppers. Remove seeds and mince.
2. Peel onion and garlic. Rinse onion and dice. Mince garlic.
3. If using, rinse and chop cilantro leaves.
4. In a medium pot, add peppers, garlic, onion, cider vinegar, and canned tomatoes. Heat mixture over medium heat for 15 minutes. Stir occasionally.
5. Chill before serving. If using, add cilantro to chilled salsa.

Nutrition Facts

Serving Size 1/3 cup
Servings Per Recipe 6

Amount Per Serving

Calories 20 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 1g

Vitamin A 6% • Vitamin C 20%

Calcium 2% • 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.



Chef's Notes

- Use any kind of onions or hot peppers you like.
- For an extra kick, add a third jalapeño or a serrano pepper.
- When in season, use 3 medium or 2 large fresh tomatoes in place of canned.
- Use juice from half a lime in place of cider vinegar if you like.
- Try serving this salsa as a dip with corn tortilla chips, as a topping on baked potatoes or tacos, or as a sauce for grilled meats and fish.
- Make a bigger batch and freeze.