



Fresh salsa

Directions:

Mix ingredients together and serve. Store covered in the refrigerator.

Nutrition Facts per serving:

Serving size: ½ cup, Calories: 35,
Fat: 0g, Protein: 2g,
Carbohydrates: 8g, Sodium: 2mg

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Ingredients:

- » 1 - 2 garlic cloves, finely chopped
- » ½ c. onion, finely chopped
- » ½ large green bell pepper, finely chopped
- » ½ to 1 whole jalapeno pepper, finely chopped
- » 4 large Roma tomatoes, chopped
- » 1 small bunch of cilantro leaves, finely chopped
- » 1 Tbsp freshly squeezed lemon or lime juice

