

FRESH SALSA

SERVES 6

Salsa is a tasty and healthy snack. This salsa has a little bit of spice from the jalapenos.

INGREDIENTS

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| 2 tomatoes (chopped) | ¼ cup cilantro (chopped) |
| ½ onion (chopped) | ¼ teaspoon salt |
| 3 jalapeño (finely chopped, seeded if desired) | 1 lime (juiced) |

DIRECTIONS

1. In a medium bowl, mix all ingredients.
2. Serve or store salsa in a refrigerator for up to three days in a covered plastic container.

Source: California Department of Health Services, Healthy Latino Recipes Made with Live California Latino 5-A-Day Campaign.

NUTRITIONAL INFO: Serving Size: 1 recipe (about 1 cup), Calories: 171, Fat: 0 grams (g), Sodium: 1213 milligrams (mg) (Using low-sodium bouillon in the Cream Soup Mix reduces sodium to 139 mg), Calcium: 213 mg.



THE TRUTH ABOUT TOMATOES

- TOMATOES ARE MEMBERS OF THE FRUIT FAMILY, BUT THEY ARE SERVED AND PREPARED AS A VEGETABLE.
- TOMATOES ARE A GOOD SOURCE OF VITAMINS A AND C
- THEY CONTAIN LARGE AMOUNTS OF AN ANTIOXIDANT CALLED LYCOPENE; THIS HAS BEEN KNOWN TO FIGHT MANY DISEASES.

SIMPLY GOOD EATING



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