



Fresh Tomato Salsa

Yield: 5 servings

Ingredients

- 2 cups diced tomato
- ½ cup chopped fresh cilantro
- ¼ cup diced red onion
- 1 jalapeño, minced (optional)
- 1 tablespoon lime juice
- ¼ teaspoon ground black pepper
- ¼ teaspoon kosher salt

Instructions

1. Combine all ingredients in a medium bowl and stir.

Nutrition Information

Serving Size: ½ cup
Calories: 17
Total Fat: 0.2 g
Saturated Fat: 0.1 g
Monounsaturated Fat: 0.0 g
Sodium: 101 mg
Total Carbohydrate: 4 g
Dietary Fiber: 8.7 g
Sugars: 2.3 g
Protein: 0.9 g

Source: Health meets Food



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