

Flavorful Salsa Fresca

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

Serves 8



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

Nutrition Facts

Serving Size About ¼ Cup
Servings Per Recipe 8

Amount Per Serving

Calories 10 Calories from 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% • Vitamin 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	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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.

Please note: nutritional values are approximate.

