Breezy Blender Salsa

Try this recipe for a quick and crowd-pleasing appetizer.

Serves 20

Ingredients

- 2 ripe tomatoes, coarsely chopped
- 2 14.5-ounce cans stewed tomatoes
- 1-2 jalapenos, seeded and chopped
- 1 bunch cilantro
- 2 cloves garlic, minced
- 1 bunch green onions, chopped
- ½ tablespoon salt
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar

Directions

1. Add all ingredients to food processor or blender.
2. Blend until desired consistency.

Nutrition Facts

Serving Size about 2 tablespoons
Servings Per Container 20

Amount Per Serving

Calories 25	Calories from Fat 5
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**11%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 1g	

Vitamin A 6% • Vitamin C 15%

Calcium 2% • Iron 4%

*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

Please note: nutritional values are approximate.

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