A Kansas SNAP-Ed EZ Does it Recipe

Summer Salsa

Servings: 24

Ingredients:
½ medium onion, finely chopped
2 cups chopped tomatoes
1 jalepeño pepper, finely chopped (remove seeds for less heat)
juice of 1 lime
¼ cup finely chopped fresh cilantro
Salt and pepper, to taste

Optional Ingredients:
Chopped mango, peach, plum or pineapple
Beans
Corn
Finely chopped garlic

Remember to wash your hands with soap and warm water before and after cooking.

Directions:
1. Combine all ingredients in a bowl. Mix well.
2. Taste the salsa to test the seasoning. Adjust as needed.

Nutrition Facts: Each 2 tablespoon serving provides 5 Calories, 0g Total Fat, 0g Saturated Fat, 40mg Sodium, 1g Total Carbohydrate, 0g Dietary Fiber, 0g Protein