

May Recipe of the Month

Simple Salsa

It's hard to beat the taste of fresh, homemade salsa. You can control the amount of cilantro and heat from the peppers. Cilantro is one of those herbs that either you love it or you hate it. When buying fresh cilantro, look for small leaves as the larger leaves can be bitter. As with any fresh herb, cut off the ends and place in small glass of water. It can keep up to two weeks in the refrigerator.

Serves: 4

Serving size: ½ cup

2 large tomatoes
¼ large jalapeno pepper, seeded and chopped
3 cloves garlic, cut in half
2 tbsp fresh lime juice
½ small onion, cut into chunks
½ tsp salt
½ tsp ground cumin



Place all ingredients into a food processor and puree for 30-45 seconds. Puree time will depend upon how chunky you like your salsa.

Per serving: 25 calories, 1g protein, 0g fat, 0mg cholesterol, 6g carbohydrate, 1g fiber, 3g sugar, 300mg sodium

% Daily Value: Vitamin A 15%, Vitamin C 30%, Calcium 2%, Iron 2%

Recipe courtesy of Chef Dave Fouts and Vicki Bovee, MS, RDN, LD