

FRESH SALSA

From Stay Young at Heart – National Heart Blood and Lung Institute
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/fresal.htm>

Ingredients

- 6 tomatoes preferably Roma (or 3 large tomatoes)
- ½ medium onion, finely chopped
- 1 clove garlic, finely minced
- 2 serrano or jalapeno peppers, finely chopped
- 3 Tbsp. cilantro, chopped
- 1/8 tsp. oregano, finely crushed
- 1/8 tsp. salt
- 1/8 tsp. pepper
- ½ avocado, diced (black skin)
- Juice of 1 lime

Directions

1. Combine all of the ingredients in a glass bowl.
2. Serve immediately or refrigerate and serve within 4 or 5 hours.

Makes 8 servings (Serving size: ½ cup)

Nutritional information per serving (8 servings)

Calories: 42

Total fat: 2g

Saturated fat: <1g

Sodium: 44mg

Cholesterol: 0mg

Calcium: 12mg

Iron: 1mg



Wellness Center