



## Fresh Tomato Salsa (Blended)

### U.S.

1 each  
1/2 cup  
2 Tbsp  
1/2 each  
1 clove  
1 each  
1 tsp  
1-2 each  
1/4 tsp  
To taste

Tomato, globe, cut into quarters  
Tomatoes, diced, canned, low sodium  
Cilantro, roughly chopped  
Onion, medium, cut into quarters  
Garlic, roughly chopped  
Jalapeno, seeds removed, roughly chopped  
Cumin, ground  
Limes, juiced  
Salt  
Black pepper, ground

### Metric

1 each  
142 g  
8 g  
1/2 each  
1 clove  
1 each  
1.5 g  
1-2 each  
1.5g  
To taste

### **Preparation:**

1. Gather all ingredients and equipment.
2. In a food processor or blender, combine all ingredients. Start with the juice of one lime. Pulse until desired texture is reached. If the salsa needs more acidity, add the juice from the other lime.
3. Refrigerate until ready to use.

**\*\*Note: If you prefer spicy salsa, add an extra jalapeno or leave the seeds in.**

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## Nutrition Facts

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8 Servings

**Serving size** 1/4 cup

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**Amount per serving**

**Calories** 10

Calories from Fat 0

**Total Fat** 0 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 0 g

**Cholesterol** 0 mg

**Sodium** 35 mg

**Total Carbohydrate** 2 g

Dietary Fiber 1 g

Total Sugars 1 g

Includes 0 g Added Sugars

**Protein** 0 g

Vitamin D 0 %

Calcium 0 %

Iron 2 %

Potassium 86 mg

Phosphorus 10 mg

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