



Fresh Tomato Salsa (Less Chop)

<u>U.S.</u>		<u>Metric</u>
1 1/2 lbs	Tomatoes, chopped w/ hand chopper	681 g
1 each	Red onion, chopped w/ hand chopper	1 each
1 each	Jalapeno, chopped w/ hand chopper	1 each
1 Tbsp	Lime Juice, Fresh	15 ml
1/2 Tbsp	Lemon Juice, Fresh	7.5 ml
1/2 cup	Cilantro, chopped w/ hand chopper	25 g
1/4 tsp	Salt	1.4 g
1/4 tsp	Black Pepper	1.2 g

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in a blender and pulse until incorporated. Let the mixture sit for 10-15 minutes before serving.

Nutrition Facts	
Serving size	3/4 cup
Servings	6
Calories	27
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	105 mg
Carbohydrates	6 g
Dietary Fiber	2 g
Sugars	4 g
Protein	1 g
Vitamin A	106 %
Calcium	2 %
Vitamin C	36 %
Iron	2 %
Phosphorus	0 mg
