

## Fresh-N-Chunky Salsa

**Makes 2 cups**

**Serves 8**

### Ingredients:

1-14½ ounce can chopped tomatoes (low sodium)  
½ cup chopped green or yellow bell pepper  
2 green onions, sliced  
2 Tablespoons snipped fresh cilantro or parsley  
1 Tablespoon white wine vinegar  
½ teaspoon ground cumin  
1 clove of garlic, minced or ½ teaspoon bottled minced garlic  
Few dashes red hot pepper sauce to taste

### Directions:

1. In a bowl stir together all ingredients.
2. Serve with homemade corn tortilla chips or bought chips with no added fat (homemade chips can have less salt).
3. Store salsa in refrigerator up to 1 week.

Nutritional Facts: each ¼ cup serving: 15 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 85 mg sodium, 3 g carbohydrate, 1 g protein.

Source: American Heart Association Quick & Easy Cookbook, American Heart Association