



Fresh-N-Chunky Salsa

8 Servings

Ingredients:

1 (14½ oz) can low sodium chopped tomatoes
½ cup chopped green or yellow bell pepper
2 green onions, sliced
2 tbsp. snipped fresh cilantro or parsley
1 tbsp. white wine vinegar
½ tsp. ground cumin
1 clove of garlic, minced or ½ tsp. bottled minced garlic
Hot pepper sauce to taste

Directions:

1. Combine all ingredients in a large bowl.
2. Serve with tortilla chips with no added fat. Salsa can be stored in refrigerator for up to 1 week.

Nutrition Facts:

Calories: 15
Fat: 0g
Cholesterol: 0mg
Sodium: 85
Carbohydrate: 3g
Protein: 1g

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

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