

## Salsa

### 8 Servings

#### Ingredients:

1 cup tomato, finely chopped and peeled  
½ cup tomato sauce\*\*  
¼ cup yellow or red onion  
¼ cup green pepper, finely chopped  
2 tbsp. vinegar\*\*  
2 cloves garlic, minced  
1-3 jalapeno peppers, seeded and chopped\*  
½ cup fresh cilantro, chopped (optional)

\*Use caution. Wear rubber gloves and do not rub your eyes when chopping peppers.

\*\* To reduce the sodium content, use a no-salt-added tomato sauce. Also consider using lemon or lime juice in place of vinegar.

#### Directions:

1. Mix all ingredients in a glass bowl.
2. Refrigerate for at least an hour before serving so that flavors may blend.

#### Nutrition Facts:

Calories: 14  
Total Fat: 0.12g  
Carbohydrates: 3.3g  
Protein: 0.5g  
Cholesterol: 0mg  
Fiber: 0.7g  
Sodium: 95mg

Courtesy of Centers for Disease Control and Prevention - 5 A Day Fruits and Vegetables of the Month at [www.cdc.gov/nccdphp/dnpa/5aday/month](http://www.cdc.gov/nccdphp/dnpa/5aday/month)

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