

Salsa

8 Servings

Ingredients:

- 1 cup finely chopped, peeled tomato
- ½ cup tomato sauce
- ¼ cup yellow or red onion
- ¼ cup finely chopped green pepper
- 2 Tablespoons vinegar
- 2 cloves garlic, minced
- 1 to 3 jalapeno peppers, seeded and chopped (use caution; wear rubber gloves and do not rub your eyes when chopping peppers)
- ½ cup fresh cilantro, chopped (optional)

Directions:

1. Mix all ingredients in a glass bowl.
2. Refrigerate until ready to serve.

Cook's Comment* Enjoy the fresh ingredients in this homemade salsa. It's lower in sodium than many commercial salsas, especially if made with a no-salt-added tomato sauce. Let the salsa refrigerate for an hour or so before serving to allow flavors to blend.

Cook's Tips*

- You might consider using lemon or lime juice in place of vinegar.
- To reduce the sodium content further, use a no-salt-added tomato sauce. These frequently are available in the canned tomato section of your grocery store or in a health food store. Serve with unsalted tortilla chips.
- If you'd like to freeze the extra green pepper for future use, here's how: Wash peppers and freeze sliced or diced peppers in a single layer on a cookie sheet with sides. Transfer to a "freezer" bag when frozen (in a few hours) excluding as much air as possible from the bag. This method of freezing green peppers lets you easily pour out as much as you need at a time. It's generally recommended frozen vegetables be eaten within about 8 months for best quality.

Nutritional analysis per serving: Calories: 14; Total Fat: 0.12 g; Saturated Fat: 0 g; Carbohydrates: 3.3 g; Protein: 0.5 g; Cholesterol: 0 mg; Fiber: 0.7 g; Sodium: 95 mg; Carbohydrates: 80%; Protein: 13%; Fat: 7%

Source: 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

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