

Ingredients:

5 medium tomatoes, cut into 1/2-inch pieces
1-2 jalapeños, seeded and minced
2 garlic cloves, minced
1/4 medium red onion, chopped
3 tablespoons fresh lime juice
1/2 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon cilantro, chopped

Salsa Fresca

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Directions:

1. Wash hands with warm water and soap. Wash vegetables with water before preparing.
2. In a bowl, gently stir together all the ingredients.
3. Serve at room temperature or refrigerate and serve cold.

Nutrition Facts (Per Serving)

Calories, 25; Carbohydrate, 5 g; Protein, 1 g; Total Fat, 0 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 1 g; Total Sugars, 3 g; Sodium, 200 mg; Calcium, 15 gm; Folate, 17 mcg; Iron, 0 mg; Calories from Fat, 0%.

Makes 6 servings; approximately 1/2 cup each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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