



April 6- Fresh Tomato Salsa – Happy Fresh Tomato Day!

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/fresh-tomato-salsa>

Recipe

Ingredients:

- 1 cup tomatoes, finely chopped (or 1/2 can, about 8 ounces, low-sodium diced tomatoes)
- 1/2 cup apple, peeled and finely chopped
- 1/4 cup onion, finely chopped
- 2 tablespoons lime or lemon juice
- 1 teaspoon garlic, finely chopped
- 1/2 teaspoon vegetable oil
- 1/4 teaspoon salt
- 1 teaspoon fresh parsley or cilantro, chopped (optional)
- 1 tablespoon cayenne pepper or jalapeño chilies, chopped (optional)

Directions:

1. In a medium-size bowl, combine tomato, apple, onion and lime juice (or lemon juice). Mix well.
2. Add garlic, vegetable oil, and salt to bowl. If using parsley, cilantro, cayenne pepper, or jalapeño chilies, add them too. Mix well.
3. Cover bowl and refrigerate for 15 minutes. Serve.

Yield 6 servings

Nutrition Facts

Serving Size 1/2 cup (62.72g)
Servings Per Container 6

Amount Per Serving

Calories 30 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%
Saturated Fat 0g 1%
Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 5%

Sugars 3g

Protein <1g 1%

Vitamin A 15% • Vitamin C 15%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.