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Fresh Tomato Salsa

Whether you like it hot or not, fresh salsa is an anytime favorite!

Ingredients:

- 1 cup tomatoes (finely chopped)
- ½ cup apple (peeled and finely chopped)
- ¼ cup onion (finely chopped)
- 2 tablespoons lime or lemon juice
- 1 teaspoon garlic (finely chopped)
- ½ teaspoon olive oil or vegetable oil
- ¼ teaspoon salt
- 1 teaspoon fresh cilantro or parsley (chopped), optional
- 1 tablespoon cayenne pepper, or jalapeño chilies (chopped), optional

Makes 6 servings

Instructions:

1. In a medium bowl, combine tomato, apple, onion, and lime juice. Mix well.
2. Add garlic, olive oil and salt to bowl. If using cilantro, parsley, cayenne pepper, or jalapeño chilies, add them also. Mix well.
3. Cover bowl and refrigerate for 15 minutes. Serve cold.
4. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Notes:

Try adding salsa to your favorite food to add flavor without adding salt, sugar, or fat:

- Add to scrambled eggs or frittatas.
- Layer onto a grilled cheese sandwich.
- Add salsa as your secret ingredient to soup, stew, or chili.
- Stir into chicken, potato, or tuna salad.
- Add into meatloaf for a Mexican flair.
- Add salsa to burger meat mixtures, or slather on top.
- Kick up your mac and cheese with a dollop of salsa.

Source: A Harvest of Recipes with USDA Foods

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Nutrition Facts

6 servings per container	
Serving size	1/6 recipe (54g)
Amount Per Serving	
Calories	20
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 105mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

