

Fresh-Made Salsa

(For use in other dishes - not for freezing)

Recipe Source: Cooking with Extension Cookbook, pg 11

Ingredients:

| 1/2 | medium yellow onion, finely chopped |
|-----------------|---|
| 1 | green bell pepper, finely chopped |
| 2 Tablespoons | cilantro, chopped |
| 1 Tablespoon | lime juice, or juice from half a lime |
| 1 can (14.5 oz) | diced unsalted tomatoes, drained, liquid reserved |
| 1/2 teaspoon | cumin |

Directions:

- 1. Rinse and cut onion, pepper, cilantro, and lime
- 2. Combine above ingredients in a bowl.
- 3. Add some reserved tomato liquid to thin salsa if desired.
- 4. Cover and refrigerate 30 minutes to 24 hours to allow flavors to blend.

Makes 2 cups

Prep ahead to save time at class:

Prepare salsa the day before to give flavors time to blend before preparing freezer meals.

Tips:

Add a can of unsalted black beans and a can of unsalted corn kernels for extra vegetables.

Can be eaten with chips or used in any dish that calls for salsa

Nutrition Information per tablespoon: calories 5; total fat 0g; saturated fat 0g; sodium 30mg; total carbohydrates 1g; fiber 0g; protein0g

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