

Fresh-Made Salsa

(For use in other dishes – not for freezing)

Recipe Source: Cooking with Extension Cookbook, pg 11

Ingredients:

½	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
½ 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; protein 0g