



Salsa

Makes 4 cups or 16 - ¼ cup Child Sized Portions

Preparation time: 15 minutes

Cooking time: 0 minutes

Common allergens: none



Nutrition Information

Calories	13 calories
Total Fat	Trace
Saturated Fat	0.1 g
Sodium	3.5 mg
Carbohydrate	3 g
Fibre	0.75 g
Sugar	1.6 g
Protein	0.6 g

Equipment List

- Can opener
- Blender
- Cutting knife
- Cutting board
- Small bowls for individual servings
- Spoon to mix

What You Need

INGREDIENTS	AMOUNTS	METRIC
Diced tomatoes	1 x 28 oz. can	796 mL
Yellow onion, quartered	½ onion	½ onion
Cilantro (optional)	½ bunch	½ bunch
Lemon juice	1 tbsp.	15 mL
Salt	To taste	To taste
Jalapeño chilli, seeded and ribs removed – Optional	1 pepper	1 pepper
Bell pepper – red, green, orange or yellow chopped fine - Optional	1 pepper	1 pepper

Instructions

1. Wash vegetables.
2. Pour half of the can of tomatoes into a blender, and add the jalapeno pepper, onion, cilantro leaves, lemon juice and salt. Blend until fairly smooth.
3. Pour in the second half of the can of tomatoes and blend briefly.
4. Adjust seasonings to taste by adding more lemon juice and salt.
5. Add diced green pepper (optional).
6. Let the salsa rest for 30 minutes before serving to allow the flavours to blend.
7. Serve with baked pita chips, baked tortilla chips, or on top of a baked potato.

Modifications: *Fresh salsa can be made without using a blender. Finely chop tomatoes, onion, cilantro and peppers and place in a bowl. Add lemon juice and salt and mix well with a spoon.*

Recipe taken from allrecipes.com