

LOW-SODIUM EASY HOMEMADE SALSA

INGREDIENTS

- 8 cocktail tomatoes (about 8 ounces, quartered)
- 2 green onions (white and light green parts only, chopped)
- 1 jalapeño pepper (seeded and chopped)
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon fresh lime juice

DIRECTIONS

1. Add the tomatoes, onions, jalapeño, cilantro, and lime juice to your food processor.
2. Pulse until the salsa reaches your desired consistency.
3. Garnish with cilantro if desired and serve

NOTES

- This recipe is for 8 servings of salsa. Each serving will be about 2 tablespoons.
- 1 tablespoon of yellow or red onion can be used in place of the green onions.
- For a milder salsa, replace the jalapeño with about 1 tablespoon banana pepper or green bell pepper. For a hotter salsa, use a spicier pepper like a serrano.
- For a really chunky salsa, dice everything by hand and skip the food processor.
- Salsa can be stored in an airtight container in the refrigerator. Consume within 3 days for the best flavor.

NUTRITION INFORMATION

Serving: 2 tablespoons | Calories: 10 | Carbohydrates: 2g | Protein: 0.3g | Fat: 0g | Saturated Fat: 0g | Protein: 1g | Potassium: 65.3mg | Sodium: 6.8mg | Fiber: 0.3g