

Roasted Tomato Salsa

Serving Size: 2 tablespoons

Makes 3 cups

Ingredients

6 medium tomatoes
1 poblano pepper
2 cloves garlic
1 onion, quartered
1½ tablespoons extra virgin olive oil
1 teaspoon cumin
Pinch of salt
Juice of 1 lime
2 tablespoons chopped fresh cilantro

Directions

1. Core tomatoes and pepper.
2. Place the tomatoes, poblano pepper, garlic, and onion in a medium baking dish. Drizzle with the olive oil.
3. Broil 5-10 minutes checking often until outside of vegetables are charred. Turn the vegetables as needed for even browning.
4. Coarsely chop the charred vegetables. Transfer to a blender, add the remaining ingredients and blend until chunky.
5. Store left over salsa covered in the refrigerator.

Exchanges per serving:

½ Vegetable

Nutrients per serving:

Calories: 19

Calories from fat: 8

Total Fat: 1g

Cholesterol: 0mg

Sodium: 7mg

Total Carbohydrate: 3g

Dietary Fiber: 1g

Protein: 0g