

Tomato Salsa

Serving Size: ¼ cup

Serves: 12

Ingredients

1 tablespoon extra virgin olive oil
2/3 sweet onion, diced
1 clove garlic, minced
2 cups fresh tomatoes, diced
1 small can diced green chilies
1 fresh red bell pepper, diced and seeded
1 small fresh jalapeno pepper, diced and seeded
Pinch of salt and pepper
Juice of one lime
1 cup low sodium tomato juice
Cilantro for garnish

Directions

1. Sauté the first seven ingredients. Season with salt and pepper.
2. Add the lime juice and tomato juice and simmer to desired consistency.
3. This salsa can stand on its own as a healthy dip or be served with Chili Rellenos.

Exchanges per serving:

1 Vegetable

Nutrients per serving:

Calories: 31

Calories from fat: 11

Total Fat: 1g

Cholesterol: 0mg

Sodium: 46mg

Total Carbohydrate: 5g

Dietary Fiber: 1g

Protein: 1g