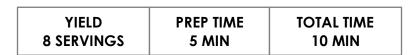
Blender Tomato Salsa

This salsa comes together quickly in a blender and uses canned tomatoes, allowing you to add fresh salsa flavor to your favorite dishes year-round. Serve with chips, on tacos, or as a topping for cooked meats or vegetables.





INGREDIENTS

1 (15 oz) can Diced Tomatoes, canned, not drained

1/4 each Red or Yellow Onion, roughly

chopped

1 each Jalapeño, seeds and ribs removed,

roughly chopped

3 Tbsp Cilantro, roughly chopped (about 1/4

bunch)

2 each Limes, juiced

1/4 tsp Cumin

1/4 tspChili Powder1/4 tspKosher SaltTo TasteBlack Pepper

CHEF'S NOTES

If you like your salsa spicier, leave the the seeds and ribs in the jalapeño or add a little cayenne pepper. You can also customize this to make a chunkier salsa by blending for a shorter time.

Salsas are a great way to add big flavor to your meals with minimal calories, fat, and sodium. Tomatoes are a great source of Vitamin C which is important for cell health and immune function.

DIRECTIONS

- 1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
- 2. Place all ingredients in a large pitcher blender and pulse until it becomes smooth to your preference.
- 3. Before serving, allow to rest in the refrigerator for at least 10 minutes to allow the flavors to blend.

Nutrition F	acts
8 servings per container Serving size 1/	/4 cup (73g)
Amount Per Serving Calories	15
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 4g	1%
Dietary Fiber <1g	2%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 130mg	2%

food contributes to a daily diet. 2,000 calories a day is used for

Recipe adapted from Health meets Food, "Quick Tomato Salsa" (11/14/18)



general nutrition advice.





