

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.

YIELD 12 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

1 (15 oz) can	Diced Tomatoes, canned, not drained
1/2 each	Red or Yellow Onion, roughly chopped
1 each	Jalapeño, seeds and ribs removed, roughly chopped
3 Tbsp	Cilantro, roughly chopped
2 each	Limes, juiced
1/4 tsp	Cumin
1/4 tsp	Chili Powder
1/4 tsp	Kosher Salt
To Taste	Black 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 Facts

8 servings per container

Serving Size 1/4 cup (70 g)

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 3g 0%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein less than 1g 0%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.34mg 0%

Potassium 100mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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



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