

Fresh Salsa

Ingredients (makes 6-8 servings)

As with any salsa recipe the amounts of each ingredient can be adjusted to suit your tastes.

- 2 Ripe tomatoes, diced
- 2 Bell peppers, any color, diced
- 1 White onion, diced
- 1/2 bunch Fresh cilantro, chopped

Juice from one lime

Salt to taste

Cumin to taste

Directions

1. Combine all ingredients in a bowl and mix well.
2. Allow salsa to sit in the refrigerator for at least 1 hour to allow flavors to combine.
3. Serve with chips or sliced vegetables. Enjoy!

Nutrition Information- Per serving

Calories	63	Total Sugars	13.4g	Sodium	1 mg
Protein	.2g	Total Fat	0.1g	Cholesterol	0
Carbohydrate	16.2g	Saturated Fat	0	Fiber	7g



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply. An AA/EEO employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.