



Garden Salsa

Servings per recipe: 4 servings
Serving size: ½ cup

kideatscooking.org

Ingredients

- 1 small onion
- 1 jalapeño pepper or green bell pepper
- 2 firm tomatoes
- 1 tablespoon** dried cilantro or **3 tablespoons** fresh cilantro, chopped
- 1 teaspoon** garlic powder or ½ clove of garlic, minced
- 1 medium fresh lemon or **4 teaspoons** lemon juice concentrate
- 1 teaspoon** salt
- 1 teaspoon** black pepper
- 1 tablespoon** vegetable oil or light olive oil

Tools

- 1 cutting board or plastic plate
- 1 small knife
- 1 small metal spoon
- 1 set of measuring spoons
- 1 large bowl
- Plastic food wrap
- Paper towels

Directions

Wash hands and make sure utensils and countertops are clean.

1. Assemble ingredients and rinse produce under cold, running water.
2. Cut tomatoes in half. Scoop or squeeze out seeds and throw away. Chop tomatoes and place in bowl.
3. Peel skin off onion. Chop and add to bowl.
4. Cut peppers in half and gently remove core and seeds. Cut off stem. Throw away core, seeds and stem. Chop remainder of pepper and add to bowl. Wash your hands after cutting jalapeños.
5. Add cilantro, garlic, lemon, salt, black pepper and oil. Stir well.

Share and enjoy!



Tip:

If using a fresh lemon, cut it in half and remove seeds with a spoon. Then squeeze lemon juice into the bowl of salsa.

Nutritional Analysis (per serving)

Calories: 63.5 kcal
Fat: 3.6 g
Saturated
Monounsaturated
Carbohydrates: 7.1 g
Fiber: 1.8 g
Sugar: 4.3 g
Protein: 1.4 g

© 2017 NMSU Board of Regents. All rights reserved. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2012-68001-19956.



United States
Department of
Agriculture

National Institute
of Food and
Agriculture



All About Discovery™
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service

UCONN | COLLEGE OF AGRICULTURE,
HEALTH AND NATURAL RESOURCES
EXTENSION