

Lentil Salsa

Ingredients:

- ½ cup lentils, washed and drained
- 1 cup water
- 6 roma tomatoes, chopped
- 2 jalapeno peppers, finely chopped
- ½ yellow onion, finely chopped
- ¼ cup cilantro, coarsely chopped
- 1 garlic clove, minced
- ¼ tsp. salt



Nutrition Facts	
Serving Size ¾ cup (170g)	
Servings Per Container 9	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 5g	
Vitamin A 4%	• Vitamin C 40%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. Combine lentils and water in a saucepan. Bring to boil; reduce heat, cover and simmer for 20 minutes or until soft.
2. Drain and cool. Add remaining ingredients and serve as garnish or side salsa.