

Living Whole Salsa

Ingredients:

- 1 1/8 cup fresh tomatoes, diced
- 1/3 cup onion, diced
- 1 tbsp. garlic, minced
- 1/2 cup cilantro, chopped
- 1 jalapeno, seeded and chopped
- 2 tbsp. fresh lime juice
- 3/4 tsp. black pepper
- 1/4 tsp. salt



Nutrition Facts	
Serving Size 1/2 cup (127g)	
Servings Per Container 1	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 12g	
Vitamin A 10%	• Vitamin C 2%
Calcium 6%	• Iron 15%
*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	



Directions:

1. Combine first 5 ingredients. Season with lemon juice, salt and pepper.
2. For a liquid salsa, put all ingredients in blender, until smooth, 30 sec or less. No chopping of ingredients necessary.