



Clean & Hungry Salsa



This salsa has around 70% less sodium than the average jarred salsa! For even less sodium, leave out the salt..

1/18th of recipe (about 2 tbsp.): 7 calories, 0g total fat (0g sat. fat), 66mg sodium, 1.5g carbs, 0.5g fiber, 1g sugars, <0.5g protein

Prep: 20 minutes



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Ingredients

2 cups chopped tomatoes
1/2 cup finely chopped onion
1/2 cup finely chopped green bell pepper
2 tbsp. chopped fresh cilantro
2 tbsp. seeded and finely chopped jalapeño pepper
1 1/2 tbsp. lime juice
1/2 tsp. each salt and black pepper
1/2 tsp. chopped garlic
1/4 tsp. ground cumin

Directions

In a medium-large sealable container, combine all ingredients. Mix until uniform.

Transfer half of the mixture to a blender or food processor. Pulse until just pureed.

Return pureed mixture to the container. Mix well.

Seal, and refrigerate until ready to use.

MAKES 18 SERVINGS

HG Alternatives: Enjoy a smoother salsa? Puree the entire mixture instead of just half. Prefer a chunky one? Skip the blending process altogether!

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