Summer Salsa

**Yield:** 10 servings  
**Total Time:** 15 minutes

**Ingredients**
- 4 large plum tomatoes (about 1 pound)  
- ¼ cup white or other favorite onion  
- 3 tablespoons chopped fresh cilantro  
- 2 teaspoons minced jalapeno, seeds removed  
- 1½ teaspoons lime juice  
- ½ teaspoon salt, or to taste  
- 1 small garlic clove, minced

**Preparation Instructions**
1. Chop tomatoes, onion and cilantro.  
2. Remove seeds from jalapeno and chop finely.  
3. Combine all ingredients in a bowl. Cover tightly and refrigerate for up to 5 days.

**Nutrition Analysis**
Per serving: 10 calories; 0g fat (0g saturated, 0g trans); 0mg cholesterol;  
120mg sodium; 2g carbohydrate (1g dietary fiber; 1g sugar); 0g protein.  
Vitamin A 8%, Vitamin C 15%, Calcium 0%, Iron 0% Daily Value.

**Tips:** If you prefer a smoother texture you can pulse half of the salsa in a food processor then combine it with the remaining chunky half. Serve with baked whole wheat pita chips or whole grain tortilla chips.

**Cost:** $0.30 per serving

Modified from: [www.realsimple.com](http://www.realsimple.com)