

A Kansas SNAP-Ed *EZ Does it* Recipe

Summer Salsa



Servings: 24

Ingredients:

½ medium onion, finely chopped
2 cups chopped tomatoes
1 jalapeño pepper, finely chopped
(remove seeds for less heat)
juice of 1 lime
¼ cup finely chopped fresh cilantro
Salt and pepper, to taste



Optional Ingredients:

Chopped mango, peach, plum or pineapple
Beans
Corn
Finely chopped garlic

Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. Combine all ingredients in a bowl. Mix well.
2. Taste the salsa to test the seasoning. Adjust as needed.

Nutrition Facts: Each 2 tablespoon serving provides 5 Calories, 0g Total Fat, 0g Saturated Fat, 40mg Sodium, 1g Total Carbohydrate, 0g Dietary Fiber, 0g Protein

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

