

Blender Salsa

20 servings

Plan before you go grocery shopping by checking foods you already have in your refrigerator and cupboards. Shop with a grocery list.



2 (14 oz.) cans “no salt added” diced tomatoes with green chilies
½ medium onion, scrubbed with clean vegetable brush under running water and chopped
1 teaspoon minced garlic
2 teaspoons lime juice
½-1 jalapeno, scrubbed with clean vegetable brush under running water and chopped*
½ teaspoon salt
¼ teaspoon cumin
½ cup fresh cilantro, gently rubbed under cold running water
tortilla chips (optional)

1. Wash hands with soap and water.
2. Place tomatoes, onion, garlic, lime juice, jalapeno, salt, cumin and cilantro in the blender and process using short “pulses” or on low until combined.
3. Serve with tortilla chips, if desired.
4. Store leftovers in a sealed container in the refrigerator.

*For less spicy salsa, remove the seeds from the jalapeno.

Nutrition Information per serving: (1/20 of recipe) Calories 10, Total Fat 0g, Saturated Fat 0g, Protein 1g, Total Carbohydrate 2g, Dietary Fiber 1g, Sodium 70 mg