



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

 $^{1\!\!/_2}$ medium onion, scrubbed with clean vegetable brush under running water and chopped

1 teaspoon minced garlic

2 teaspoons lime juice

1/2-1 jalapeno, scrubbed with clean vegetable brush under running water and chopped*

1/2 teaspoon salt

1/4 teaspoon cumin

¹/₂ 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

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It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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