

SALSA CRUDA OR FRESH SALSA

INGREDIENTS:

- 4 medium tomatoes, about 1¼ pounds
- ½ cup diced mild onion
- 2 to 3 jalapeños, seeded, cored, minced (seeds reserved)
- 1 garlic clove, pressed
- ½ teaspoon salt
- 2-3 tablespoons minced cilantro
- 1 tablespoon lime juice

INSTRUCTIONS: Cut tomatoes in half horizontally. Use a small spoon to scoop out the seeds. Dice the tomatoes and combine with onion, chiles, garlic, salt, cilantro and lime juice. Sprinkle some of the reserved chile seeds on top of the salsa to add heat and authority.

Makes 3 to 4 cups.

PER ¼-CUP SERVING: 15 calories, 1 g protein, 3 g carbohydrate, 0 g fat (0 g saturated), 0 mg cholesterol, 5 mg sodium, 1 g fiber.