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Fresh Tomato Salsa

Makes 6 Servings

Ingredients:

- 1 cup tomatoes (finely chopped)
1/2 cup apple (peeled and finely chopped)
1/4 cup onion (finely chopped)
2 tablespoons lime or lemon juice
1 teaspoon garlic (finely chopped)
1/2 teaspoon vegetable oil
1/4 teaspoon salt
1 teaspoon fresh parsley or cilantro (chopped), optional
1 tablespoon cayenne pepper or jalapeno chilies (chopped), optional

Directions:

- 1. In a medium-size bowl combine tomato, apple, onion and lime juice. Mix well.
2. Add garlic, vegetable oil and salt to bowl. If using parsley, cilantro, cayenne pepper or jalapeno chilies, add them too. Mix well.
3. Cover bowl and refrigerate for 15 minutes. Serve cold.

Nutrition Facts

Table with 2 columns: Nutrient, % Daily Value. Rows include: 6 servings per container, Serving size 1/6 of recipe (54g), Amount per serving, Calories 20, Total Fat 0.5g (1%), Saturated Fat 0g (0%), Trans Fat 0g, Cholesterol 0mg (0%), Sodium 100mg (4%), Total Carbohydrate 4g (1%), Dietary Fiber 1g (4%), Total Sugars 2g, Includes 0g Added Sugars (0%), Protein 0g, Vitamin D 0mcg (0%), Calcium 7mg (0%), Iron 0mg (0%), Potassium 105mg (2%).

23% calories from fat

Source: A Harvest of Recipes with USDA Foods.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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