

Charred Tomato Salsa Dip

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*1 cup grape tomatoes
vegetable oil
1/2 cup white onion, chopped
2 vine-ripened tomatoes, diced
1 jalapeno pepper, seeded and diced
1 small garlic clove, minced
1/2 cup cilantro, chopped
salt (to taste)
lime juice (for seasoning)*

In a skillet over medium-high heat, saute' the grape tomatoes in vegetable oil until charred and softened, about 5 minutes. Let cool. Roughly chop.

Soak the white onion in ice water for 15 minutes. Drain.

In a bowl, toss the charred tomatoes with the onion, vine-ripened tomatoes, jalapeno, garlic and cilantro.

Season with lime juice and salt.

Per Serving (excluding unknown items): 96 Calories; 2g Fat (17.0% calories from fat); 5g Protein; 19g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 49mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.