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# Fresh Cilantro Salsa

*Charlotte Nancie Quick*

*Party Recipes from the Charleston Junior League - 1993*

**2 cloves garlic**

**1 large onion, quartered**

**1 green bell pepper, quartered and seeded**

**3 to 4 jalapeno peppers, seeded**

**6 tomatoes, peeled, seeded and chopped**

**1 cup fresh cilantro leaves**

**salt (to taste)**

**freshly ground pepper (to taste)**

Place the garlic in the bowl of a food processor. Process it until it is minced. Add the onion and peppers. Process with on/off pulses until they are barely chopped.

Add the tomatoes and cilantro. Process until combined but slightly chunky. Add the salt and pepper.

Refrigerate until ready to serve.

Yield: 2 1/2 cups

## Salsa

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*Per Serving (excluding unknown items): 254 Calories; 3g Fat (9.4% calories from fat); 10g Protein; 56g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 83mg Sodium. Exchanges: 10 1/2 Vegetable; 0 Fat.*