

Fresh Salsa

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Preparation Time: 15 minutes

Start to Finish Time: 15 minutes

1/4 medium sweet onion, coarsely chopped
1 small clove garlic, quartered
1 jalapeno pepper, seeded and quartered
1/4 cup fresh cilantro leaves, loosely packed
2 pounds tomatoes
1 lime
1 1/4 teaspoons salt
tortilla chips

Place the onion, garlic, jalapeno and cilantro in a blender bowl. Pulse until finely chopped.

Cut each tomato into four pieces. Cut the core away from each piece. Discard the core.

Add the tomatoes to the blender in batches. Pulse each batch until well blended. Transfer to a large bowl.

Squeeze the juice from the lime over the salsa.

Stir in the salt.

Serve with chips.

Yield: 4 cups

Per Serving (excluding unknown items): 214 Calories; 3g Fat (10.3% calories from fat); 8g Protein; 50g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 2744mg Sodium. Exchanges: 8 Vegetable; 1/2 Fruit; 0 Fat.