

Sauces

Havana Hideout House Salsa

Chrissy Benoit
Palm Beach Post

Servings: 4

This salsa, which can be diced or blended, freezes well.

10 beefsteak tomatoes (not fully ripe), chopped or blended

2 lemons, juiced

1 jalapeno, seeded and minced

1 clove garlic, minced

1 1/2 cups onion, chopped

2 bunches cilantro, chopped

salt to taste

In a bowl, toss all the ingredients to make a chunky salsa or blend them for a smoother one.

Per Serving (excluding unknown items): 33 Calories; trace Fat (4.9% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat.