Get Up & Move!

Fresh Salsa

4-5 medium tomatoes, diced 2 jalapeños, seeded and finely chopped
1 teaspoon garlic, minced 3 tablespoons fresh cilantro, chopped
½ cup onion, finely chopped ¼ teaspoon salt
¼ cup fresh lime juice

In a large bowl, mix the tomatoes, garlic, onion, lime juice, jalapeños, cilantro and salt. With a fork, lightly mash the mixture. Cover with plastic wrap and place in refrigerator to chill for 30 minutes. You can make this recipe a day or two ahead. Serve with tortilla chips, raw vegetables or as a topping for baked potatoes.

Notes:
• Cilantro looks like parsley, but gives Mexican food its distinct flavor.
• The ‘hot’ flavor of the jalapeño peppers is more intense in the seeds. By removing the seeds it will not be as hot. Some people’s skin is sensitive to peppers. You may want to use plastic gloves when working with peppers and be sure not to touch your face or eyes.
• The amount of garlic, cilantro and jalapeños may be adjusted depending of the flavor you want.

Makes 8 servings.

Nutrition information per serving: 26 calories, 0 cholesterol, 76 milligrams sodium, 5 grams carbohydrates, 1 gram fiber, 1 gram protein.