



Dash
of
Wellness

Simply Fresh Salsa

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4 large Roma tomatoes
1 medium green bell
pepper
1 small yellow onion

1 jalapeno pepper
1 bunch fresh cilantro
2 tsp. lemon or lime juice
2 cloves fresh garlic,
minced

Directions

1. Wash hands with soap and water
2. Gently rub tomatoes, peppers, onion, and cilantro under cold running water. Chop all ingredients.
3. Combine ingredients in a large bowl. For a thinner consistency, combine in a food processor or blender and pulse a few times. Enjoy! **Yield:** 4 Servings

Nutrition Facts (per serving): 30 calories, 0 grams fat, 10 milligrams sodium, grams carbohydrate, 2 grams fiber, 1 gram protein

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