

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Simple Garden Salsa

Serves: 4

Ingredients:

4 large, fresh tomatoes (about one pound) diced to yield about 2 cups
¼ cup chopped white or yellow onion
3 tablespoons chopped fresh cilantro
2 teaspoons minced jalapeno pepper (remove pith and seeds to reduce heat, or substitute other, more-mild peppers)
1½ teaspoons fresh lime juice
¾ teaspoon kosher salt
1 small garlic clove, minced

Directions:

1. Combine all ingredients in a bowl.
2. Mix well to combine flavors.
3. If you prefer a smoother salsa, divide the mixed ingredients in half and pulse one-half in a food processor, then recombine.
4. Cover tightly and refrigerate after serving.