



Fresh Tomato Salsa

Makes: 6 Servings

Fresh salsa is a refreshing, cool addition to a meal or snack. Try something new by adding it to salads, baked fish, and tacos.

Ingredients

1 cup tomatoes (finely chopped or 1/2 can, about 8 ounces, low-sodium diced tomatoes)

1/2 cup apple (peeled and finely chopped)

1/4 cup onion (finely chopped)

2 tablespoons lime or lemon juice

1 teaspoon garlic (finely chopped)

1/2 teaspoon vegetable oil

1/4 teaspoon salt

1/8 tablespoon fresh parsley or cilantro (chopped, optional)

1 tablespoon cayenne pepper or jalapeño chilies (chopped, optional)

Directions

1. In a medium-size bowl, combine tomato, apple, onion and lime juice (or lemon juice). Mix well. 2. Add garlic, vegetable oil, and salt to bowl. If using parsley, cilantro, cayenne pepper, or jalapeño chilies, add them too. Mix well. 3. Cover bowl and refrigerate for 15 minutes. Serve cold.

Source: A Harvest of Recipes with USDA Foods