

# Fresh Salsa

7 SERVINGS, ABOUT 1/2 CUP



## Ingredients:

Juice of 1 lime

1/2 medium onion, finely chopped

1 clove garlic, finely minced

3 Tbsp. cilantro, chopped

1/8 tsp. oregano, finely crushed

2 serrano or jalapeno peppers,  
finely chopped

6 tomatoes, preferably Roma  
(or 3 large tomatoes)

1/8 tsp. salt and 1/8 tsp. pepper

1/2 avocado, diced  
(black skin removed)

## Directions:

Combine all of the ingredients in a glass bowl. Serve immediately or refrigerate and serve within 4 or 5 hours.

*Per Serving: 45 Calories; 5 grams Total fat; Less than 1 gram Saturated fat; 89 mg Sodium*  
1/2 cup = 1/2 cup vegetables