

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*