

Fresh Tomato Salsa (Low Fat-Low Calories)

To go with last week's guacamole....this recipe came from the same July 4th party!

Ingredients:

- 6 to 7 medium-size fresh tomatoes, diced
- 1 large onion, diced
- 1 bunch fresh cilantro, finely chopped
- 6 cloves garlic, minced
- 1 jalapeno chile pepper (stems, ribs, & seeds removed), very finely diced*
- Juice of 1 lime
- Coarse salt to taste



* How hot you make your salsa depends on the kind of chilies and the amount you use. Jalapeno peppers can be pretty hot...especially if you don't get all the seeds out! Let the salsa sit for a few minutes before you decide to add more "heat".

Directions:

In a large bowl, combine tomatoes, onion, cilantro, garlic, chile pepper, salt, and lime juice. NOTE: If your salsa is too hot, add some additional chopped tomato. If not hot enough, carefully add a little more chile pepper (see note above).

Let sit for 1 hour for all the flavors to combine.

NOTE: If too much tomato juice settles at the bottom, just pour some off before serving.

Serve with corn chips, tortillas, tacos, burritos, tostadas, etc.

Serves many.