



Fresh Homemade Salsa

Equipment:

Knife, cutting board, baking tray, measuring spoons and cups, mixing bowl, mixing spoon

Ingredients:

- 4 medium tomatoes, diced
- 4 scallions or 1/2 medium onion, chopped
- 1 handful of fresh cilantro, chopped (~ 1/2 cup)
- 1 jalapeño, minced (adjust to your spice preference)
- Juice of 1/2 a lime (add more if needed)
- Salt and pepper to taste
- Optional additions: jalapeño, garlic, mango, watermelon

Preparation:

1. Mix these ingredients in a bowl, and in just minutes, you have a salsa that's bursting with flavor and nutrition.
2. Serve, share, and enjoy!

Nutrition Facts for **FULL** recipe:

Calories 117.9

Total Fat 1.1g (1%)
Saturated Fat 0.2 g (1%)
Trans Fat 0g
Cholesterol 0mg (19%)
Sodium 619.5mg (27%)
Total Carbohydrate 26.4g (10%)
Dietary Fiber 7.2g (26%)
Total Sugars 15.7g
Added Sugars 0%
Protein 5.2g
Vitamin D 0mcg
Calcium 71mg (5%)
Iron 1.6mg (9%)
Potassium 1313.8mg (28%)

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