

Recipe of the Month – August 2022

Salsa Fresca

Serves 6

Serving Size: 1/2 cup

Cost per Serving: \$1.08

Ingredients:

4 Medium tomatoes, chopped (about 2 cups)

1 medium onion, diced (about 1 cup)

1 pepper, diced (about 1/2 cup)

3 cloves garlic, minced

1/8 teaspoon ground black pepper

1/2 teaspoon salt

3 tablespoons lime juice



Directions:

1. Stir together all ingredients in a medium bowl.
2. Serve immediately or cover tightly and store in the refrigerator.

Tips:

- Choose any type of pepper you like to make salsa mild, medium, or hot.
- Substitute 1 1/2 teaspoons garlic powder for the minced garlic.
- Add minced cilantro if desired.
- Wash and dry all fresh produce before preparation.

Nutrition Facts per Serving: 25 calories, 0g total Fat (0g sat. fat), 0mg. Cholesterol,
200mg Sodium, 6g Carbohydrates, 1g Fiber, 3g Sugar, 1g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2022 Nutrition & Fitness Calendar*



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