

# Harvest of the Month Tomatoes



## FRESH TOMATO LIME SALSA – Harvest of the Month Sept. 2019 B-WELLthy recipe

*You'll forget salsa in the jar with this refreshing Salsa with only 6 ingredients*

### Six Servings:

### Ingredients:

- 1 1/2 cups (about 3-5) plum/Roma tomatoes or other local variety such as "Melrose Tomatoes"
- 4 Tbsp. red or white onion, diced
- 2 Tbsp. cilantro, chopped
- 1 jalapeno pepper, seeded and minced, fine
- 2 Tbsp. lime juice
- 1 Tbsp. olive oil
- Optional pinch of salt and additional hot sauce if desired

### Method:

Cut tomatoes in half and squeeze to remove seeds. Discard seeds and dice the tomatoes. Gently mix all ingredients in a bowl. Delicious with scrambled eggs. Makes approx. 6 servings (1/2 c. ea.).  
Per Serving Nutr. Info: 35 cal. , 2.5g Fat, 3g Carb, 0g Protein



Makes 6 servings/Per 1/2 c. Serving:



### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(64g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>35</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 15mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

