

Fresh Tomato Salsa

What you need:

- 3 large tomatoes, seeded, chopped (3 cups)
- 1 small green bell pepper, chopped (1/2 cup)
- 8 medium green onions, sliced (1/2 cup)
- 3 cloves garlic, finely chopped
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon finely chopped jalapeño chile
- 2 to 3 tablespoons lime juice
- 1/2teaspoon salt



All you do:

1. In glass or plastic bowl, mix all ingredients.
2. Cover and refrigerate until serving.

Nutritional Information 1 Serving: Calories 15 (Calories from Fat 0); Total Fat 0g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 90mg; Total Carbohydrate 2g (Dietary Fiber 0g, Sugars 1g); Protein 0g