

Eat Smart • Move More

Salsa Fresca

Tiempo de Preparación: 10 minutos

Tiempo Total: 40 minutos



Ingredientes

- 3 tomates, en dados
- ½ taza de cebolla, en dados
- 2 pimientos, en dados
- ½ taza de cilantro, picado
- 2 cucharaditas de jugo de lima
- ½ cucharadita de sal
- 3 tazas de zanahorias, en rodajas

Nutrition Facts

6 servings per container	
Serving size	1 serving (179.04g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes g of Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	2%
Potassium 439mg	10%

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

Consejos Rápidos

- ▶ Agregue el jalapeño en dados para lograr una salsa picante.
- ▶ Cuanto más tiempo la salsa permanezca en el refrigerador, más se intensificarán los sabores.
- ▶ También puede incluir ½ taza de elote o frijoles negros para lograr mayor variedad y color.

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Preparación

- Mezclar los tomates, la cebolla, los pimientos, el cilantro, la sal y el jugo de lima en un bol. NOTA: para lograr una salsa más suave, mezcle en una licuadora o procesadora de alimento.
- Refrigerar al menos durante 30 minutos.
- Servir con las rodajas de zanahorias.

(Receta adaptada del California Department of Health Services, publicada en: <https://whatscooking.fns.usda.gov>)

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