

# Eat Smart • Move More

## Fresh Salsa

Prep Time: 10 minutes

Total Time: 40 minutes



### Ingredients

- 3 tomatoes, diced
- ½ cup onion, diced
- 2 bell peppers, diced
- ½ cup cilantro
- ½ teaspoon salt
- 2 teaspoons lime juice
- 3 cups carrots, sliced

### Nutrition Facts

6 servings per container

Serving size	1 serving
	(179.04g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>50</b>
	% DV*
<b>Total Fat</b> 0g	<b>0%</b>
Sat. Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholest.</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carb.</b> 12g	<b>4%</b>
Fiber 3g	<b>11%</b>
Total Sugars 6g	
Includes g of Added Sugars	
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 35mg	<b>2%</b>
Iron 1mg	<b>2%</b>
Potassium 439mg	<b>10%</b>

\*%DV = %Daily Value

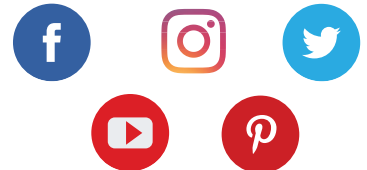
### Quick Tips

- ▶ Dice a jalapeno pepper and add it to the salsa to make it spicy.
- ▶ The longer the salsa is refrigerated, the more the flavors intensify.
- ▶ You can also include ½ cup canned corn or black beans for more variety and color.

### Directions

- Mix tomatoes, onion, bell peppers, cilantro, salt, and lime juice together in a bowl. **NOTE:** For a smoother salsa, mix in a blender or food processor.
- Refrigerate for at least 30 minutes.
- Serve with carrot rounds.

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(Recipe adapted from California Department of Health Services, as listed at: <https://whatscooking.fns.usda.gov/>)

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