



Fresh Salsa

Makes: 750 mL (3 cups)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	tomatoes, diced	500 mL
1 cup	onion, diced	250 mL
½ cup	cilantro (coriander), fresh, chopped	125 mL
2 tbsp	lime or lemon juice	30 mL
¼ tsp	salt	1 mL
Optional:	For Black Bean Salsa , add the following ingredients to the above:	
2 cups	black beans, cooked or canned beans, drained and rinsed	500 mL
1 cup	corn, frozen, cooked and drained	250 mL

Instructions

1. In bowl, combine all ingredients.
2. Let stand for 10 minutes. Drain well.
3. Refrigerate until ready to use.

Serving Suggestions: Serve with home-made pita chips, crackers, or baked tortilla wedges.

Nutrition Information

Serving 15 g (1 tbsp)

Calories 5

Fat 0 g

Saturated 0 g

+ Trans 0 g

Sodium 15 mg

Carbohydrates 1 g

Fibre 0 g

Sugars 1 g

Protein 0 g

Calcium 0 mg

Iron 0.2 mg

Food Guide Servings

Does not contribute
towards Food Guide
Servings

