



Fresh Tomato Salsa

- 1 small onion
- 1 jalapeño pepper, stemmed
- ½ cup (125 mL) loosely packed fresh cilantro
- 2 tbsp (30 mL) fresh lemon juice
- 2 garlic cloves, peeled
- ½ tsp (2 mL) salt
- 2 cups (500 mL) grape tomatoes, divided
- Tortilla chips (optional)

1. Cut onion into quarters. Cut jalapeño crosswise into thirds. Combine onion, jalapeño, cilantro, lemon juice, garlic and salt in **Manual Food Processor**; pump handle until coarsely chopped.
2. Add half of the tomatoes; pump handle until coarsely chopped, removing lid and scraping down sides of bowl as necessary. Add remaining tomatoes; pump handle to chop to desired consistency. Serve with tortilla chips, if desired.

Yield: 10 servings (about 2½ cups/625 mL salsa)

U.S. Nutrients per serving (¼ cup/50 mL salsa, excluding optional ingredient):
Calories 10, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 120 mg,
Carbohydrate 2 g, Fiber 1 g, Protein 0 g