

Chop Chop Salsa

Serves 4

½ small yellow, white or red onion, chopped
¼ cup fresh cilantro or parsley, chopped
1 pint cherry tomatoes (red, yellow or a mixture of both), quartered
½ teaspoon ground cumin
¼ teaspoon red pepper flakes
¼ teaspoon garlic powder
½ teaspoon salt
1-2 teaspoons lime juice

1. Place all ingredients in a bowl.
2. Stir, cover and refrigerate for at least 1 hour to allow flavors to combine.
3. Salsa can be stored in a covered container in the refrigerator for up to 2 days.

TIPS:

- Serve with baked tortilla chips, pita chips or whole wheat crackers.
- For a milder flavor, substitute parsley for cilantro, reduce the cumin, and/or eliminate the red pepper flakes.
- Mix with plain low-fat yogurt or small-curd low-fat (2%) cottage cheese for a creamier consistency (the dairy also counteracts the heat from the red pepper).

Nutrition Facts:

Serving size: ¼ cup; Calories: 20; Fruit and Vegetables: 1 serving; Fat: 0 g; Fiber: 1 g



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