

New Mexico

Fresh Salsa

Featured Food: Hot Peppers

Makes: 4 servings

Ingredients

- 3 jalapeno peppers, finely chopped, seeded if desired
- 2 medium tomatoes, chopped
- ½ onion, chopped
- ¼ cup cilantro, chopped
- ¼ teaspoon salt
- 1 lime, juiced



Directions

1. In a medium bowl, mix all ingredients.
2. Serve with whole grain tortilla chips.

Recipe from: *Healthy Latino Recipes Made with Love*, California Department of Health Services, California Latino 5-A-Day Campaign, adapted by the USDA Food and Nutrition Administration.

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