

Quick, Low-sodium Tomato Salsa

Commercial salsas are all high in sodium. You can make this one in minutes at home. It's quick, loaded with wonderful salsa flavors and low in sodium.

Preparation Time: 5-10 minutes - Serves: 4-6

Organize Your Ingredients!

Notes on Organizing

Organize your ingredients on small plates or in bowls so they are easy to add (It's just more fun to cook when you've got everything ready to go!)

Quick, Low-sodium Tomato Salsa

1 clove garlic (smashed and chopped)
1/2 C. yellow onion (chopped)
1 jalapeno pepper (seeded and finely-chopped)
1 Anaheim pepper (seeded and finely-chopped)
1/4 C. cilantro leaves (chopped)
pinch of salt
juice from one-half lime
one 15 oz. can no-salt diced tomatoes

Assembly Instructions

1. Place garlic, onion, peppers and cilantro in a food processor and pulse until finely chopped.
2. Add the diced tomatoes. Pulse a few more times to blend well.
3. Store salsa in a jar with a tight-fitting lid in the fridge.