

Basic Tomato Salsa

Serves: 4

Ingredients

3 medium or 4 small fresh firm tomatoes, stems removed, finely diced
2 Tbsp. canned, diced, mild green chilies
2 Tbsp. minced onion or fresh chives
¼ cup minced fresh cilantro
1 tsp. oregano
½ - 1 tsp. cumin
Juice of one lime, or to taste
Salt and freshly ground black pepper, to taste

In a medium bowl, place tomatoes, chilies, onion, cilantro, oregano, and cumin. Stir in lime juice and season to taste with salt and pepper.

Refrigerate for a half hour to let flavors blend before serving.

Refrigerate any leftover salsa.

Per serving: 30 calories, <1 g total fat (0 g saturated fat), 6 g carbohydrates, 1 g protein, 1 g dietary fiber, 23 mg sodium.