

tangy salsa



National Heart, Lung,
and Blood Institute

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Ingredients

1/2 cup jarred roasted red peppers, drained and diced (or substitute fresh roasted red peppers)

1/2 cup no-salt-added diced tomatoes (or substitute 1 medium tomato, chopped)

1 small lime, peeled and cut into small chunks

1/4 teaspoon ground black pepper

1/4 teaspoon ground cumin

1 tablespoon fresh cilantro, rinsed and chopped (or substitute 1 teaspoon dried coriander)

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1. Combine all ingredients, and toss well.
2. Best to allow 1–2 hours for flavors to settle before serving.

Yield 4 servings, **Serving Size** 1/4 cup salsa, **Calories** 23, **Total Fat** 0 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 68 mg, **Total Fiber** 1 g, **Protein** 0 g, **Carbohydrates** 4 g, **Potassium** 18 mg