tangy salsa

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)

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