

## Easy No-Cook Salsa

5 servings

Add more fiber to this low-calorie snack by dipping with your favorite raw vegetables. The fiber in vegetables can help keep you feeling full.



- 2 (14.5 ounce) cans diced tomatoes
- 1/4 cup green onion, gently rubbed under cold running water, finely chopped
- 1 garlic clove, minced
- 1/4 cup fresh parsley or cilantro, gently rubbed under cold running water, chopped
- 2 Tablespoons lemon or lime juice
- 1/8 teaspoon pepper

1. In a large bowl, stir together all the ingredients until well mixed. Cover and chill at least 4 hours.
2. Serve with your favorite raw vegetables or tortilla chips.

**Nutrition Information per Serving: (1/5 of recipe)** Calories 40, Total Fat 0g, Saturated Fat 4g, Cholesterol 0mg, Sodium 320mg, Total Carbohydrate 10g, Dietary Fiber 3g, Sugars 6g, Protein 1g, Vitamin A 20%, Vitamin C 30%, Calcium 4%, Iron 4%.