

Mushroom Salsa

4 servings

While eaten as a vegetable, mushrooms are fungi. Their unique nutrient composition provides B vitamins similar to that of grains, beans and meats.

- 2 cups mushrooms, gently rubbed under cold running water, diced
- ¼ cup onion, scrubbed with clean vegetable brush under running water, diced
- 1 jalapeño, gently rubbed under cold running water, seeded, diced
- ¼ cup fresh cilantro, gently rubbed under cold running water, chopped
- 1 garlic clove, minced OR ¼ teaspoon garlic powder
- 2 Tablespoons lime juice
- ½ Tablespoon vegetable oil
- ¼ teaspoon ground cumin
- ¼ teaspoon salt (optional)

1. Wash hands with soap and water.
2. In a medium bowl, combine all the ingredients. Mix gently.
3. Chill in the refrigerator for at least 30 minutes before serving.
4. Serve as a topping or a side dish with tacos, quesadillas, grilled meats, or as a dip with tortilla chips.
5. Store leftovers in a sealed container in the refrigerator for up to four days.



Nutrition Information per Serving (1/2 cup): Calories 30, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrates 3g, Fiber 1g, Total Sugars 1g, includes 0g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 8%, Iron 0%, Potassium 4%.