

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
¼ cup green onion, gently rubbed under cold running water, finely chopped
1 garlic clove, minced
¼ cup fresh parsley or cilantro, gently rubbed under cold running water, chopped
2 Tablespoons lemon or lime juice
1/8 teaspoon pepper

1. Wash hands with soap and water.
2. In a large bowl, stir together all the ingredients until well mixed. Cover and chill at least 4 hours.
3. Serve with your favorite raw vegetables or tortilla chips.
4. Store leftovers in a sealed container in the refrigerator for up to four days.

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%.