



Salsa Fresca

8 Porciones • 1 Porción = 2 Cucharadas

Receta adaptada de "Naturally Healthy Mexican Cooking", de Jim Peyton

INGREDIENTES

- 4 tomatillos sin cáscara y cortados en trozos de $\frac{3}{4}$ in
- 3 tomates Roma cortados en trozos de $\frac{3}{4}$ in
- 1 chile serrano sin semillas y cortado en trozos de 1/3 in
- $\frac{1}{4}$ taza de cilantro picado
- $\frac{1}{4}$ taza de cebolla blanca (picado fino)
- $\frac{1}{2}$ cucharadita de sal
- $\frac{1}{4}$ taza de agua

INDICACIONES

1. Coloque los tomatillos, los tomates, el chile serrano y el cilantro en una procesadora o licuadora. Agregue agua y pulse hasta picar fino.
2. Quite los ingredientes de la procesadora o licuadora y revuelva con la cebolla y la sal.

Nutrition Facts	
8 servings per container	
Serving size	2 Tablespoons
Amount per serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 113mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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CHRISTUS Health

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