



Tomato Salsa

4 Servings • 1 Serving = 1/2 Cup

INGREDIENTS

- 1 Tablespoon extra virgin olive oil
- 6 Roma tomatoes
- 4 cloves garlic, smashed
- 1 teaspoon salt

DIRECTIONS

1. Add the olive oil, whole tomatoes, and garlic in a small saucepan. Heat the pot over medium-low heat. Cover and cook until tomatoes burst, about 10 minutes.
2. Once the tomatoes have burst and garlic is lightly golden, remove the pot from the heat and cool for 10 minutes.
3. Add the tomatoes, garlic, and all the juices remaining in the pot into a blender or food processor. Cover and blend until fully pureed.
4. Return the salsa to the pot, season with salt, and bring back to a low simmer.
5. Cool and store salsa in a jar in the refrigerator for up to 5 days.

Nutrition Facts

4 servings per container

Serving size 1/2 cup

Amount per serving
Calories **50**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 590mg **26%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 15mg **2%**

Iron 0mg **0%**

Potassium 233mg **4%**

*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.

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