



## Salsa Fresca

8 Servings • 1 Serving = 2 Tablespoons

Adapted from Naturally Healthy Mexican Cooking by Jim Peyton

### INGREDIENTS

- 4 tomatillos, husked and cut into  $\frac{3}{4}$ " pieces
- 3 Roma tomatoes, cut into  $\frac{3}{4}$ " pieces
- 1 serrano chile, seeded and cut into  $\frac{1}{3}$ " pieces
- $\frac{1}{4}$  cup cilantro, chopped
- $\frac{1}{4}$  cup water
- $\frac{1}{4}$  cup white onion, finely chopped
- $\frac{1}{2}$  teaspoon salt

### DIRECTIONS

1. Place tomatillos, tomatoes, serrano, and cilantro into a food processor or blender. Add water and pulse until everything is finely chopped.
2. Remove from food processor or blender. Stir in onions and salt.

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>2 Tablespoons</b>
Amount per serving	
<b>Calories</b>	<b>10</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 5mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 113mg	<b>2%</b>

\*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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