

Fresh Salsa

Ingredients

- 1½ cups fresh tomatoes, chopped
- 1 tablespoon apple cider vinegar (optional)
- 3 tablespoons lemon juice
- 2 cloves garlic, crushed and minced
- 2 tablespoons onion, finely chopped
- ¼ teaspoon chili powder
- ¼ teaspoon fresh or dried oregano
- Cayenne pepper to taste
- Fresh cilantro, chopped
- Sea salt and pepper to taste

Directions

1. Puree ingredients in food processor for smooth salsa or chop ingredients by hand for chunkier salsa.
2. Add spices and chill in the refrigerator for 10 minutes or more to allow flavours to blend.

Makes 2 servings (1 vegetable)
1 gram protein
0 fat
26 calories per serving

PHASE 3 MODIFICATIONS:

Add chopped jalapeno or chipotle peppers. Mix with avocado to make guacamole. Serve salsa over a block of cream cheese as a dip for vegetables.

