

# Homemade *Tomato* Salsa

## Ingredients:

Yield: about 3 cups

- ❖ 3 medium chopped tomatoes
- ❖ ½ chopped, seeded medium green bell pepper
- ❖ 1 small onion peeled and chopped
- ❖ 1 clove garlic, peeled and chopped
- ❖ 1 Tbsp. (15 mL) finely chopped cilantro (or more to taste)
- ❖ 1 Tbsp. (15 mL) lime juice (about ½ lime)
- ❖ 1-2 tsp. (5-10 mL) chopped Jalapeno\* to taste
- ❖ Salt and pepper to taste
- ❖ 1 tsp (5 mL) olive oil (optional)

## Directions:

Prep time: 15 min

1. Mix all the ingredients in a large mixing bowl
2. Cover and refrigerate until serving and enjoy!

Recipe adapted from:

<https://www.bettycrocker.com/recipes/homemade-tomato-salsa/6f57f14c-1284-44e1-97e5-224e0056ed71>



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## Tips:

- ❖ To store tomatoes, keep them **unwashed** and **uncovered** at room temperature, out of direct sunlight, for up to one week.
- ❖ \*Avoid touching your eyes and skin after cutting spicy peppers. **Wash hands** after the jalapeno. Consider wearing gloves.

## Get creative!

- ❖ Power it up with the protein from **beans**. Stir in about a cup of black beans (drained and rinsed if canned).
- ❖ Add color by stirring in a cup of corn kernels.
- ❖ Spice up a quesadilla, taco, wrap, sandwich, or your favorite grain.
- ❖ Try a few spoons of the salsa with scrambled eggs, chicken or meat.
- ❖ Personalize the salsa with your favorite spices or herbs. 5 mL dried spice equals to 15 mL fresh.

## Nutrition Information

- ❖ Excellent source of vitamin C
- ❖ Source of Vitamin B6, folate, Potassium

