

# Suitland Dine & Learn

## September 2018: Healthy Food Habits

### Salsa Verde

Courtesy of Jessica Yamamoto, MS

#### Ingredients

1 ½ pounds tomatoes (6 to 8), cored, halved, and seeded	2 tablespoons freshly squeezed lime juice (1 to 2 limes)
½ medium red onion, minced (about ½ cup)	salt to taste
1 jalapeño or serrano chile (inside and seeds removed for less heat, if desired), minced	½ cup chopped fresh cilantro
1 small garlic clove, minced	<i>Optional: ½ teaspoon sugar if tomatoes are too bitter</i>

**Cost per serving: \$1.80**

#### Directions

1. Chop tomatoes into ¼ inch pieces; transfer to a medium bowl. Add onion, jalapeño, garlic, cilantro, and lime juice; season generously with salt. Mix to combine. Let stand 15 minutes to develop flavor.
2. Alternately, you can roughly chop the tomatoes, jalapeño, garlic and cilantro and put in a food processor with the rest of the ingredients. Pulse it a few times until it is the consistency you would like.
3. Taste and add more lime juice and/or salt. Add a little sugar if necessary

<b>Nutrition Information</b>	<i>Amount Per Serving</i>	
Number of Servings: 4	<b>Total Fat:</b> 0.9 g	<b>Total Carbs:</b> 6 g
Serving Size: 3.5 ounces	<b>Cholesterol:</b> 0 mg	<b>Dietary Fiber:</b> 1.9 g
<b>Calories:</b> 49	<b>Sodium:</b> 600 mg	<b>Protein:</b> 1.1 g

#### HEALTH TIPS

**PLAN AHEAD! Make sure you have a quick, healthy breakfast ready to go during hectic mornings!**



The burritos can be frozen for up to one week. Wrap tightly in plastic wrap and cover with aluminum foil before freezing. To reheat, remove foil and plastic. Microwave 1 ½ - 2 minutes, turning as needed. Or bake in oven or toaster oven at 300 degrees for about 6 minutes.