

Fitness Aspects

For the Body & Mind

NUTRITION PER SERVING:

CALORIES	23
PROTEIN	0 G
CARBOHYDRATE	4 G
TOTAL FAT	0 G

PREP TIME:	10 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	¼ C SALSA

- ½ C** JARRED ROASTED RED PEPPERS, TANGY SALSA DRAINED AND DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS; (LEFTOVER FRIENDLY))
- ½ C** NO-SALT-ADDED DICED TOMATOES (OR SUBSTITUTE 1 MEDIUM TOMATO, CHOPPED)
- 1** SMALL LIME, PEELED AND CUT INTO SMALL CHUNKS
- ¼ TSP** GROUND BLACK PEPPER
- ¼ TSP** GROUND CUMIN
- 1 TBSP** FRESH CILANTRO, RINSED AND CHOPPED (OR SUBSTITUTE 1 TSP DRIED CORIANDER)



TANGY SALSA

TANGY, NOT SPICY, THIS SALSA WILL APPEAL TO MOST—TRY IT WITH THE EMPAÑAPITA OR AS A DIP WITH VEGGIES OR BAKED CHIPS

- 01 Combine all ingredients, and toss well.
- 02 Best to allow 1–2 hours for flavors to settle before serving.

