

ROASTED TOMATO SALSA

SERVES: 10 | SERVING SIZE: 1/4 cup salsa | PREP: 10 minutes | READY: 45 minutes

INGREDIENTS

- 1 pound (about 8 medium size) fresh tomatoes
- 1 tablespoon olive oil
- 1/2 cup diced green pepper
- 1/2 cup diced red onion
- 1/4 cup finely chopped fresh cilantro
- 2 jalapeno peppers, finely diced
- 3 cloves garlic, minced
- 3 tablespoons fresh-squeezed lime juice
- 1 teaspoon sugar
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 3/4 teaspoon kosher salt



DIRECTIONS

Preheat oven to 400 degrees. Core tomatoes, cut in half, and place in a large bowl. Add oil and toss to coat. Place tomatoes on a large sheet pan and roast 25 to 30 minutes or until skin begins to brown and flesh softens. Remove from oven and allow tomatoes to cool.

Place roasted tomatoes in a food processor and pulse until blended but slightly chunky (about 8 pulses). Transfer processed tomatoes to a large mixing bowl and add green pepper, onion, cilantro, jalapeno, garlic, lime juice, sugar, cumin, chili powder, and salt. Stir to combine. Refrigerate until ready to use.

NUTRITION INFORMATION PER SERVING

30 calories, 2 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 147 mg sodium, 4 g total carbohydrate, 1 g dietary fiber, 2 g total sugars, 0 g added sugars, 1 g protein, 0 mcg (0%) vitamin D, 0 mg (0%) calcium, 0 mg (0%) iron, 143 mg (4%) potassium

