

# Fresco Salsa

Adapted from allrecipes.com

## Ingredients:

- 6 roma (plum) tomatoes, diced
- 1 sweet onion, diced
- 1 medium red bell pepper, diced
- 1 medium yellow bell pepper, diced
- 1 bunch cilantro, finely minced
- 1 lime, juiced
- 1 teaspoon salt, or to taste

## Directions

1. In a serving bowl, mix the tomatoes, onion, red bell pepper, yellow bell pepper, cilantro, lime juice, and salt.
2. Cover and refrigerate until ready to serve

## Serves: 12

Prep: 15 mins. Ready in: 15 mins.

## Tips & Facts:

1. Add different spices such as garlic, cumin or jalapeño if desired
2. Instead of tomatoes, use mango, melon, peaches, pineapple for a different flavor
3. Use salsa on top of meat, poultry or fish

## Nutrition Facts (per serving):

Calories: 18 cal; Carbohydrates: 4.1 g;  
Total Fat: 0.2 g; Protein: 0.7 g;  
Fiber: 1.1 g; Sodium: 199 mg



## Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Roma Tomatoes	\$5.98 / 8	\$4.49
Sweet Onion	\$1.50 each	\$1.50
Red Bell Pepper	\$1.50 each	\$1.50
Yellow Bell Pepper	\$1.67 each	\$1.67
Cilantro	\$0.99 / bunch	\$0.99
Lime	\$0.20 each	\$0.20
Salt		
<b>TOTAL</b>	<b>\$11.84</b>	<b>\$10.35</b>
		<b>Cost per Serving: \$0.86</b>