

Side

Quick and Easy Salsa

5 Mins
Prep Time

0 Mins
Cook Time

12
Servings

 **20** Calories **0g** Fat **4g** Carbs **1g** Protein



Ingredients

 **12** Servings  **5 Mins** Total Time  **Allergens: None**

1 Can (15 oz) Diced Fire-Roasted Tomatoes 

½ White Onion, roughly chopped

1 Medium Jalapeño, seeds & ribs removed, roughly chopped

¼ Cup Fresh Cilantro Leaves

½ of Lime, juiced, more to taste

Salt, to taste

Nourishment Note



Tomatoes

Tomatoes are an excellent source of lycopene. Lycopene may help prevent heart disease and certain types of cancer, two conditions that may be more common in those with lupus.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Drain Tomatoes

Drain the juice from the diced tomatoes.

3. Pulse Ingredients & Serve

Add all ingredients into a food processor and pulse until desired consistency. Taste and season with more lime juice or salt, as needed.

4. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Can Opener



Cutting Board



Knife



Food Processor

Fatigue Buster

- Lime Juice: Purchase pre-squeezed lime juice.