

## Fresh Tomato Salsa

Makes about 2 cups

6	Roma or garden tomatoes, cut into quarters
1	jalapeño, seeded and roughly chopped
1/2 large	yellow or red onions, peeled and roughly chopped
3 cloves	garlic, chopped or crushed
juice of 1	lemon or lime
1 cup	loosely packed fresh cilantro leaves
pinch	cumin (optional)
1/2 tsp	salt

Place all ingredients in a blender or food processor and pulse until just chunky. Taste and adjust seasonings if needed. Refrigerate at least an hour to let the flavors meld. The salsa may be lighter red than store-bought salsa due to the air blended in and fresh tomatoes are usually lighter in color than canned. It may darken up as the air settles.

### **Recipe from:**

<https://www.yummymummykitchen.com/2017/05/how-to-make-salsa-with-fresh-tomatoes.html>

Michele Blanchet, Registered Dietitian  
[www.micheleblanchet.ca](http://www.micheleblanchet.ca)