



Elliott Evans Nutrition, LLC
Prevent and Protect
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SOUTHWEST SALSA ***(Southern Living)***

Makes about 2 cups

- 1 (14 ½ -oz) can diced tomatoes and zesty green chiles
- 5 pickled jalapeno pepper slices (double if desired)
- ¼ cup firmly packed fresh cilantro leaves
- ¼ cup chopped red onion
- 1 tablespoon fresh lime juice
- ¼ teaspoon cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon dried crushed red pepper (double if desired)
- ¼ teaspoon salt

Garnishes: fresh cilantro sprigs, pickled jalapeno pepper slices

Serve with: tortilla chips

Drain liquid from tomatoes, reserving 1 tablespoon of liquid; discard remaining liquid.

Place reserve liquid, tomatoes, and next 8 ingredients in a food processor or blender. Pulse 5-6 times or until finely chopped.

Cover and chill 1-24 hours before serving. Garnish, if desired.

Serve with tortilla chips. Store leftovers in refrigerator for up to 7 days.