

Ingredients

2 cups tomatoes, chopped
1/2 cup onion, chopped
1 jalapeno (seeded or unseeded depending on how spicy you want it)
1/8 cup cilantro, chopped
1/4 cup fresh lime juice
1/4 tsp salt to taste
1/4 tsp pepper to taste

Instructions

Finely chop the tomatoes, onion, and jalapeno pepper. Remove thick stems of the cilantro and then roughly chop. Mix the tomatoes, onion, jalapeno pepper and cilantro in bowl and squeeze fresh lime juice on top. Stir well and then season with salt and pepper to taste.

Nutrition Information Per Serving

Serving Size: 1/2 cup

Serves 6

Calories: 20

Fat: 0 gm

Sodium: 85 mg

Fiber: 1 gm

Carbohydrates: 5 gm

Protein: 1 gm