BODYELITEFIT

TANGY SALSA

TANGY, NOT SPICY, THIS SALSA WILL APPEAL TO MOST—TRY IT WITH THE EMPAÑAPITA OR AS A DIP WITH VEGGIES OR BAKED CHIPS

01 Combine all ingredients, and toss well.

02 Best to allow 1–2 hours for flavors to settle before serving.

NUTRITION PER SERVING:

CALORIES	23
PROTEIN	0 G
CARBOHYDRATE	4 G
TOTAL FAT	0 G

PREP TIME:	10 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	¼ C SALSA

½ C	JARRED ROASTED RED PEPPERS, TANGY SALSA DRAINED AND DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS; (LEFTOVER FRIENDLY)
½ C	NO-SALT-ADDED DICED TOMATOES (OR SUBSTITUTE 1 MEDIUM TOMATO, CHOPPED)
1	SMALL LIME, PEELED AND CUT INTO SMALL CHUNKS
¼ TSP	GROUND BLACK PEPPER
¼ TSP	GROUND CUMIN
1 TBSP	FRESH CILANTRO, RINSED AND CHOPPED (OR SUBSTITUTE 1 TSP DRIED CORIANDER)

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