

Eat Well Recipe

Salsa (Makes 16 Servings)

Ingredients:

- 2 (14.5 ounce) cans stewed tomatoes
- ½ onion, finely diced
- 1 tsp minced garlic
- ½ lime, juiced
- 1 tsp salt
- ¼ c canned sliced green chilies, or to taste
- 3 tbs chopped fresh cilantro

Place tomatoes, onion, garlic, lime juice, salt, green chilies, and cilantro in a blender or food processor. Blend on low to desired consistency. Serve with whole grain tortilla chips or pita chips.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed

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