

Garden Fresh Salsa

Ingredients:

- 2-3 roma or plum tomatoes, washed and chopped
- ½ green bell pepper, washed & chopped
- ½ red bell pepper, washed & chopped
- ¼ to ½ red **or** white onion, chopped
- 1-2 Tbsp. fresh cilantro (optional)
- 1 clove garlic, chopped or 1 teaspoon garlic powder
- 1 packet salsa seasoning, mild or spicy, to taste. *(Located in produce section!)*

Step by step:

- Follow directions according to salsa seasoning packet.
- Use a food processor, hand food chopper or blender.
- Refrigerate salsa and use within 5 days.

**Salsa may also be used to top chicken, pork or fish! 😊



Prepared by Eau Claire County Wisconsin Nutrition Education Program (WNEP). WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715/839-2300. An EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.