

Strawberry Salsa

This fresh, sweet and spicy salsa is a great summer snack. Try serving with tortilla chips!

Makes: 2 cups/ 16 servings

Source: FoodHero.org recipe/Strawberry Salsa

Ingredients

- 1 1/2 cups fresh strawberries, chopped small (about 1/2 pound)
- 1/2 jalapeno pepper, minced
- 1/4 cup onion, minced
- 2 tablespoons cilantro, finely chopped
- 1 1/2 teaspoons lime juice

Directions

1. Mix all ingredients together in a bowl. Flavors will blend if refrigerated for 30 minutes or more before serving.
2. Refrigerate leftovers within 2 hours.

Utensils Needed

- Bowl for mixing/serving
- Knife
- Cutting Board
- Spoon



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2 Tablespoons	
Nutrients	Amount
Calories:	5
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	0 mg
Total Carbohydrates:	2 g
Dietary Fiber:	0 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	0 g
Vitamin C	15%
Calcium	0%
Iron	0%

SHOPPING LIST

Average total cost without oil and seasonings: \$5.42

Average cost/serving: \$0.34

Makes: 16 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Fresh Strawberries 1 lb



Add 1 to Cart
Jalapeno Pepper



Add 1 to Cart
Yellow Onion



Add 1 to Cart
Fresh Cilantro



Add 1 to Cart
Lime Juice

My Cooking Notes
