

Salsa Picante

Yield: 6 servings

Gluten-free
Dairy-free
FODMAP friendly

Ingredients

½ white onion
5 tomatoes, whole
1 serrano, whole
2 cloves garlic
½ cup cilantro, lightly packed
1 lime, juiced
Salt, kosher (to taste)

Directions

1. Bring a large saucepan of water to a simmer over medium heat.
2. Place onion, tomato, and serrano in the simmering water. Cook for 8–10 minutes or until very soft.
3. Remove them from the water. Trim off the stem ends.
4. Place simmered ingredients along with the garlic (2 cloves), cilantro (½ cup), lime juice, and salt in the bowl of a blender. Purée until smooth.
5. Taste and adjust seasoning to suit your liking.



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Nutrition Facts

Serving size 1 (5oz)

Amount Per Serving **142g**

Calories **31**

% Daily Value

Total Fat 0.3g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 396mg **17%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **6%**

Sugars 4g

Protein 1g **3%**

Vitamin A **19%**

Vitamin C **31%**

Calcium **2%**

Iron **2%**