

Fresh Salsa

Number of Servings: 2
1 serving = 1 vegetable



Ingredients

- 4 - 5 Tomatoes
- 4 tablespoons lemon juice
- 3 - 4 tablespoons minced garlic (from jar)
- 1/2 chopped onion
- 1/2 teaspoon chili powder
- 1/2 teaspoon Italian seasoning
- Cayenne pepper to taste
- Cilantro (fresh or dried) to taste
- Sea salt and pepper

Directions

Put all of the ingredients in the food processor.
Blend to desired chunkiness.
Refrigerate to blend the flavors. The longer it sits the more flavor it will have.

Phase 3 modification

add jalapenos

