

Classic Tomato Salsa

Ingredients:

1	Can (28 oz/796 ml) whole tomatoes, with juice
1 tbsp	Packed brown sugar
½ tsp	Dried oregano
½ tsp	Ground cumin
¼ tsp	Hot pepper flakes (or to taste)
1/3 cup	Cider vinegar
1/3 cup	No-salt-added tomato paste
1	Small onion, finely chopped
1	Green bell pepper, finely chopped
2	Cloves garlic, minced
¼ cup	Finely chopped fresh cilantro

Directions:

1. Place tomatoes in a sieve over a bowl and drain juice, gently pressing down on tomatoes to extract as much juice as possible. Dice tomatoes and set aside.
2. In a medium saucepan, combine brown sugar, oregano, cumin, hot pepper flakes, tomato juice, vinegar and tomato paste. Bring to a boil over high heat. Reduce heat to medium and boil gently, stirring often, for about 5 minutes or until reduced and thickened to the consistency of ketchup.
3. Stir in onion, green pepper and garlic; boil gently for 2 minutes or until vegetables are tender-crisp. Add diced tomatoes and cook, stirring, until mixture comes to a boil. Remove from heat and stir in cilantro. Let cool.
4. Transfer salsa into a jar or airtight container and refrigerate for up to 2 weeks.

Nutrition Tip:

Commercial brands of salsa are loaded with salt. This recipe is easy-to-make and is much lower in sodium. Use it in any recipe that calls for salsa! Avocados are often avoided, as they contain a lot of fat and calories. But they are also packed with heart-friendly monounsaturated oil and other valuable nutrients, so enjoy them in moderation for their many health benefits.

Calories: 38	Fiber: 2g	Fat: 0g	Cholesterol: 0mg
Carbohydrate: 9g	Protein: 1g	Saturated fat: 0g	Sodium: 139 mg