RECIPE

Fresh Tomato Salsa with Jalapeño and Lime

A bowl of salt-drained diced tomato, lime-soaked onion, jalapeño and cilantro, a Mexican fresh salsa to eat as a snack on raw vegetable slices or spoon over tacos and eggs.

MAKES

8 servings US Metric

TOTAL

30 min

Ingredients

- [ ] 6 medium ripe tomatoes (123 g each, 738 g), cored and diced
- [ ] ½ cup finely chopped white onion
- [ ] 2 jalapeños (14 g each, 28 g), stemmed, seeds kept, finely chopped
- [ ] 20 g fresh cilantro, leaves and tender stems, finely chopped
- [ ] juice of 1 lime
- [ ] ½ tsp salt
- [ ] ¼ tsp garlic powder
- [ ] ¼ tsp black pepper

Method

1. Core the tomatoes and dice them about ¼ inch. Put them in a sieve over a bowl, toss with the salt, and let them drain 10 minutes. Shake off the juice and discard it; the nutrition panel counts all the salt and the whole tomatoes, juice included; the drained juice is not eaten, so the true sodium is lower by an amount we have not measured.
2. While the tomatoes drain, stir the onion with the lime juice in a medium bowl and leave it 10 minutes. The lime takes the raw bite off the onion.
3. Add the drained tomatoes, jalapeños, cilantro, garlic powder and black pepper to the onion and lime. Fold gently until just mixed.

4. Eat it right away, or cover and chill. Taste a spoonful with something plain, such as a cucumber slice, before serving.

5. Do not leave it out more than 2 hours, or 1 hour if it is above 90 °F (CDC). Refrigerate leftovers in a covered container.