

# X'MAS SALSA DIP



4 servings



Prep: 5 mins



Cook: 5 mins

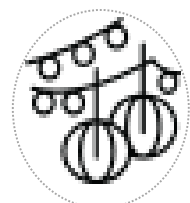


## INGREDIENTS

- 2 medium tomatoes, chopped
- ¼ cup cilantro, chopped
- ¼ cup white onion, diced
- 1 green chili, chopped
- 1 garlic clove
- ¼ tsp cumin powder
- ¼ tsp salt, reduced sodium
- 1 tbsp lime juice

## METHODS

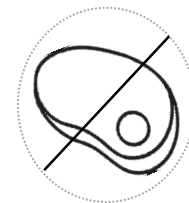
1. In a blender or food processor, blend the tomatoes and remove ½ cup of the juice.
2. Add all other ingredients. Pulse 4-6 times to get desired consistency.
3. Refrigerate before serving.



FESTIVE  
DISHES



100 KCAL  
DISH/SNACK



MEATLESS  
MONDAY

### Nutrition Information (per serving)

Energy 22kcal, Carbohydrate 3.1g, Protein 1.0g, Fats 0.1g, Saturated Fats 0.01g, Polyunsaturated Fats >0.02g, Monounsaturated Fats >0.02g, Cholesterol 0mg, Dietary Fibre 2.0g, Sodium 73mg, Potassium 262mg, Phosphate >23mg

