



Fresh Salsa

Fresh Salsa

Recipe HACCP Process: #1 No Cook

Serving Size: ¼ cup

Yield: 50

Source: JSI Back to Basics: Latin American Cuisine Recipe (*adapted from: What's Cooking? USDA Mixing Bowl*)

Ingredients:

Ingredient Name	Measurements
Tomatoes, red, ripe, raw	12 ½ medium
Tomatillos, raw	16 2/3 medium
Onions, red, raw	2 1/8 medium
Peppers, jalapeno, raw	12 ½ medium
Cilantro, minced	2 cups + 1 Tbsp
Salt, table	1 ½ Tbsp
Lime juice, raw	1 1/3 cups + ½ Tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Wash then finely dice tomatoes, tomatillos, onions, and jalapeno pepper.
2. Add diced vegetables, cilantro, salt, and lime juice to a bowl and mix well.
3. Hold for cold service at 41°F or lower.
4. Salsa can be stored in airtight container for up to three days.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	13.67 kcal
Total Fat	0.20 g
Saturated Fat	0.03 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	195.86 mg
Total Carbohydrate	3.07 g
Dietary Fiber	0.79 g
Total Sugars	1.51 g
Protein	0.49 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.25 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*