



## Lifestyle Wellness Academy

### NUTRITION PER SERVING:

<b>CALORIES</b>	23
<b>PROTEIN</b>	0 G
<b>CARBOHYDRATE</b>	4 G
<b>TOTAL FAT</b>	0 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	NONE

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	¼ C SALSA

- ½ C** JARRED ROASTED RED PEPPERS, TANGY SALSA DRAINED AND DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS; (LEFTOVER FRIENDLY))
- ½ C** NO-SALT-ADDED DICED TOMATOES (OR SUBSTITUTE 1 MEDIUM TOMATO, CHOPPED)
- 1** SMALL LIME, PEELED AND CUT INTO SMALL CHUNKS
- ¼ TSP** GROUND BLACK PEPPER
- ¼ TSP** GROUND CUMIN
- 1 TBSP** FRESH CILANTRO, RINSED AND CHOPPED (OR SUBSTITUTE 1 TSP DRIED CORIANDER)



# TANGY SALSA

TANGY, NOT SPICY, THIS SALSA WILL APPEAL TO MOST—TRY IT WITH THE EMPAÑAPITA OR AS A DIP WITH VEGGIES OR BAKED CHIPS

- 01 Combine all ingredients, and toss well.
- 02 Best to allow 1–2 hours for flavors to settle before serving.

