



Fresh Cilantro Salsa

A refreshing and light salsa packed with cilantro



YIELD: 50 Serving	SERVING SIZE: 1 SERVING = 1/4 Cup	SOURCE: Garland Independent School District
NUTRITIONAL CONTRIBUTION PER SERVING: 1/4 serving red/orange vegetable		

INGREDIENTS	QUANTITY	DIRECTIONS
Red Gold® Diced Canned Tomatoes, No Salt Added, #10	1 each	<ol style="list-style-type: none"> Combine all ingredients in a large bowl. Using an immersion blender, puree ingredients until smooth.
Yellow Onion, rough chop	6 oz	
Pickled Jalapenos	½ Cup	
Cilantro Leaves	3 bunches or ½ Cup chopped	
Sugar	2 tsp	
Salt	2 tsp	
Cumin, ground	1 Tbsp	
White Vinegar	¼ Cup	

NUTRITION INFORMATION PER SERVING											
Calories	9	Total Fat	0 g	Saturated Fat	0 g	Cholesterol	0 mg	Sodium	103 mg	Protein	0.3 g
Total Carbohydrate	1.5 g	Dietary Fiber	0.3 g	Total Sugar	1 g	Vitamin D	0 mcg	Calcium	7 mg	Iron	0 mg