



## CONDIMENT/SAUCE

### Stan's Fresh Salsa

10 oz. Fresh Roma Tomatoes, diced small  
3 oz. Red Onion, diced small  
2 tbsp. Green Pepper, fresh, ¼" diced  
1 pinch Jalapeno Pepper Slices, canned  
1 ½ tsp. Fresh Garlic, minced  
¾ tsp. Lemon Juice  
1 tbsp. Olive Oil  
1 dash Ground Black Pepper  
1 tbsp. Fresh Cilantro, chopped course  
1 dash Table Salt

#### METHOD OF PREPARATION:

1. Dice the red onions, green peppers and tomatoes.
2. Drain jalapeno peppers, saving 2 tsp of juice, and dice.
3. Mix all ingredients plus the jalapeno juice together and refrigerate for at least 1 hour before serving

SERVES: 16-1 ounce portions

NUTRITION: 10 Calories, 1 g Fat, 0 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 5 mg Sodium, 1 g Carbohydrate, 0 g Dietary Fiber, Less than 1 g Sugar, 0 g Protein

WEIGHT WATCHER SMARTPOINTS = 0

ALLERGENS: None