Fresh Salsa

The Whole Foods Cookbook with some modifications (page 284)*

Salsa is fat-free and loaded with flavor. It is inexpensive and versatile because you can use it for a lot of things including a salad dressing with black beans and corn; served over polenta with sliced avocado or guacamole, etc.

Yields: 2 cups

Ingredients:

- 2 cups chopped tomatoes, drained
- 1/3 cup chopped yellow or white onion
- 2 tbsp. chopped cilantro
- 1 tbsp. lime juice*
- 2 small jalapeno peppers, stemmed, seeded, and finely chopped (use gloves!)*
- ¼ tsp fine sea salt (optional)
- ¼ tsp garlic powder*

Directions:

1. Place all ingredients in a bowl, toss well, and serve fresh at room temperature (best) or chilled.