



## Strawberry Salsa

Serves: 8 | Serving size: ¼ cup

Ingredients Needed:

- 2 cups fresh strawberries
- ¼ cup finely diced red onion
- 2 tablespoons fresh cilantro or mint
- 1 tablespoon lime juice (~½ lime)
- ¼ teaspoon salt
- (optional) ½ jalapeno pepper, finely chopped

Directions:

1. Wash strawberries and cilantro or mint.
2. Dice strawberries and onion, and chop herbs.
3. Add all ingredients to a bowl and mix together.
4. For more flavorful salsa, refrigerate for at least 30 minutes before serving.

5. Store in an airtight container in the refrigerator and use within 3 days.

Notes:

- Use cilantro or mint based on flavor preference.
- Serve in tacos, on grilled chicken, or with baked [cinnamon tortilla chips](#).

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1/4 cup (43g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>15</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 65mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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