

Serves 3

Tomato Salsa

- 1 cup tomato, diced and seeded
- 2 tablespoons basil, fresh, chopped, or 1 teaspoon basil, dried, crushed
- 1 teaspoon mint, fresh, finely chopped or 1/4 teaspoon mint, dried, crushed
- 1 tablespoon scallions, thinly sliced
- 2 teaspoon lime juice, fresh
- 2 teaspoons olive oil

1. Combine all ingredients in a bowl and gently mix.
2. Serve salsa as a dip with tortilla chips, crackers or raw vegetables.
3. Also, use salsa as a sauce, spoon salsa over baked or broiled chicken, fish or tofu.

Hint:

- Add 1/3 cup of corn for color and flavor.

Nutrition Facts: Serving size: 1/3 cup; Calories: 40; Fruits and Vegetables: 1; Fat: 3 g; Fiber: 1 g

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