

SNACK OR SIDE

Fresh Roma Salsa

Makes about 4 cups · ~¼ cup per serving

SATIETY SCORE	NUTRITION
● ○ ○ ○ ○ 1 / 5	HIGH
Per serving (approx.): Protein 1 g · Fiber 1 g · Calories 12	

Ingredients

- 8 Roma tomatoes
- 1 bunch cilantro
- 1 green onion
- 1 can (4 oz) chopped mild green chilies (or jalapeño slices)
- 1 lime
- ½ tsp Worcestershire sauce
- ¼ tsp chili powder
- 1 garlic clove, minced

Directions

1. Quarter 6 of the tomatoes and place in a food processor with half the cilantro, the green onion cut into 2-inch sections, the chilies, lime juice, Worcestershire, chili powder, and garlic.
2. Pulse a few times — do not over-mix, or the salsa turns mushy.
3. Transfer to a serving bowl. Chop the remaining 2 tomatoes by hand and stir the chunks in with a few more cilantro leaves.

Note: Serve with baked corn tortilla chips.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the *Body for God Cookbook* by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Makes about 4 cups · ~¼ cup per serving

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 8 Roma tomatoes
- ☐ 1 bunch cilantro
- ☐ 1 green onion
- ☐ 1 lime
- ☐ 1 garlic clove

PANTRY & DRY GOODS

- ☐ 1 can (4 oz) mild green chilies
- ☐ ½ tsp Worcestershire sauce

CHECK YOUR PANTRY

- ☐ Chili powder