

# Farm Market

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## Three Tomato Salsa

### Ingredients:

- 1 ½ cups finely chopped tomatoes (3 medium)
- 1 fresh Anaheim pepper, seeded and finely chopped, or one 4-ounce can diced green chile peppers, drained (see Tips)
- ¼ cup chopped green sweet pepper
- ¼ cup sliced green onions
- 3 to 4 tablespoons snipped fresh cilantro or parsley
- 2 tablespoons lime juice or lemon juice
- 1 to 2 fresh jalapeño, serrano, Fresno, or banana peppers, seeded and finely chopped (see Tips)
- 1 clove garlic, minced
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper

### Directions:

In a medium bowl, stir together chopped tomatoes, Anaheim pepper or diced green chile peppers, sweet pepper, green onions, cilantro or parsley, lime juice, jalapeno pepper, garlic, salt, and black pepper. Cover and chill for 1 to 24 hours.

### Tips:

Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

For a slightly smoother salsa, place 1 cup of the salsa in a food processor or blender. Cover and process or blend just until smooth. Stir into remaining salsa.

To make ahead: Prepare as directed. Spoon the salsa into an airtight container. Cover and chill for up to 3 days.



### Nutrition Facts:

Servings: 12  
Serving Size: ¼ cup  
Per Serving: 8 calories; protein 0.4g; carbohydrates 1.9g; dietary fiber 0.6g; sugars 0.9g; fat 0.1g; vitamin a iu 326.9IU; vitamin c 12.5mg; folate 6.5mcg; calcium 6.4mg; iron 0.2mg; magnesium 4.6mg; potassium 88.1mg; sodium 26.7mg.

*Recipe from eatingwell.com*