



## Healthy Recipe



### HOMEMADE SALSA

2	<b>RI-grown</b> tomatoes, diced	1	medium garlic clove, minced
3	tomatillos, diced (optional)	1	lemon, freshly squeezed
1	red pepper, chopped	1	lime, freshly squeezed
1	avocado, peeled, pitted, chopped	1 cup	fresh mango (or grapes, peach, pineapple or papaya), chopped
1	jalapeno pepper, seeded, finely chopped	1/4 cup	fresh cilantro, chopped
1/2	purple onion, finely chopped	to taste	salt and pepper

Place all ingredients in a medium bowl and mix well to combine.

**Serving Suggestion:** Add any type of beans to add more fiber and protein.

## Nutritional Information

Per serving (6 ½-cup servings in recipe):

Calories:	93	Vitamin A:	26%
Cal from Fat:	37	Vitamin C:	80%
Total Fat:	4 g	Calcium:	2%
Saturated Fat:	.5 g	Iron:	3%
Cholesterol:	0 mg		
Sodium:	104 mg		
Carbohydrates:	13 g		
Fiber:	4 g		
Sugar:	7 g	Percent Daily Values are based on a	
Protein:	2 g	2000 calorie-per-day diet	

**GET FRESH.**  
**BUY LOCAL.**

Your purchase of  
RI grown and raised foods

**SUPPORTS**  
the local economy,

**HELPS**  
to preserve open space

and **CONTRIBUTES**  
to a  
sustainable food system.

Please visit us at  
[www.kidsfirstri.org](http://www.kidsfirstri.org) and [www.realfoodfirst.org](http://www.realfoodfirst.org)