

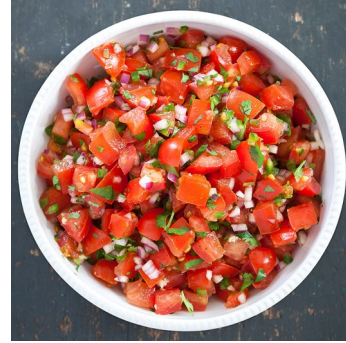
# Fresh Tomato Salsa

**IOWA**

Student Wellness

## Ingredients

3 large tomatoes, seeded, chopped (3 cups)  
1 small green bell pepper, chopped (1/2 cup)  
8 medium green onions, sliced (1/2 cup)  
3 cloves garlic, finely chopped  
2 tablespoons chopped fresh cilantro  
1 tablespoon finely chopped jalapeño chile  
2 to 3 tablespoons lime juice  
1/2 teaspoon salt



## Directions

1. In glass or plastic bowl, mix all ingredients.
2. Cover and refrigerate until serving.

*Makes 12 servings*