

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Charred Tomato Salsa

Makes about 2 cups (8 servings)

Charred vegetables make this salsa extra rich and delicious. You can also grill the vegetables. Just use a perforated grill pan and cook until charred and tender.

- 5 medium tomatoes, cut into quarters
- 1 medium yellow onion, peeled and cut into eight pieces (or about the same size as the tomatoes)
- 8 medium to large-sized garlic cloves, peeled
- 1–4 jalapeño or other chilies, stemmed, depending on taste and preference for heat
- 2 tablespoons olive oil
- A few big pinches of salt
- ½ lightly packed cup cilantro, leaves and small stems only
- Fresh lime juice and lime zest, to taste

Directions

Preheat broiler. Place the tomatoes, onion, garlic, chilies, 1 tablespoon of olive oil and a pinch of salt onto a baking sheet. Mix the vegetables gently with the oil and salt.

Broil until vegetables are charred and tender, about 15 minutes. The chilies will cook faster than the other ingredients. Check on the chilies about half way through the cooking time and turn, if needed, or remove from baking sheet early.

Remove from oven when moderately charred and let the vegetables cool slightly.

Place vegetables in a food processor and pulse until salsa is chunky. Add the cilantro and remaining tablespoon of olive oil and pulse until chopped and blended. Add lime juice, lime zest and salt to taste.



NUTRITION INFORMATION PER ¼ CUP SERVING:

Calories	53
Protein	1 g
Carbohydrate	5 g
Fiber	1 g
Fat	4 g
Sodium	25 mg
Potassium	217 mg

Also a good source of
Vitamin A, beta-carotene,
Vitamin C, calcium and healthy
phytochemicals

Cost per serving: \$.60

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