

# Nacho sauce - fresh

Recipe adapted from Taste.com.au

Traffic light category: **Green**

Serves: 5 (70g per serve)

## Ingredients

- 4 tomatoes, diced (approximately 250g)
- 1 red small capsicum, diced
- 1 lime, finely grated rind and juiced
- ¼ long red chilli, seeded, finely diced
- ¼ cup fresh coriander, chopped
- 2 spring onions, thinly sliced



## Method

1. Place 1 tomato in a blender and blitz until pureed
2. Tip into a medium bowl, add all remaining ingredients, gently mix to combine
3. Salsa can be kept in an airtight container in the fridge for 4 days.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	60kJ	86kJ
Protein	0.8g	1.2g
Total fat	0.09g	0.14g
Saturated fat	0g	0g
Carbohydrate	1.8g	2.6g
Sugars	1.7g	2.4g
Dietary fibre	1.2g	1.6g
Sodium	5.9mg	8.4mg

## Recipe options - Amber

- Nachos made with unsalted corn chips
- Dipping sauce with unsalted corn chips

## Recipe options - Green

- Nachos made with toasted tortilla chips
- As a topping for stuffed potatoes with a sprinkle of reduced fat cheese
- Dipping sauce with vege sticks
- Pizza sauce on bread base



Supporting healthy choices

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