

Salsa

Recipe developed by WASCA

Traffic light category: **Green**

Serves: 1.5 cups

Ingredients

- 2 firm medium sized tomatoes
- 1 small Lebanese cucumber
- 1 red onion
- 1 shallot
- 1 large jalapeno chilli minced
- 2 tablespoon fresh chopped coriander
- 2 tablespoons fresh lime juice
- Ground black pepper, to taste

Method

1. Finely dice the vegetables (cucumber and tomatoes should be deseeded to reduce moisture)
2. Combine all ingredients in a bowl
3. Taste and season with pepper if necessary.
4. Cover with plastic wrap and refrigerate for at least 1 hour to ensure the flavours develop.

Serving suggestions

- Place salsa in a plastic cup with vegetable sticks and toasted pita bread
- Top a roasted jacket potato with salsa, grated reduced fat cheese and a dollop of sour cream
- Toast pita bread, cut into wedges, top with salsa and grated reduced fat cheese. Grill until warm and cheese has melted, finish with a dollop of sour cream.



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☎ 9264 4999

✉ wasca@education.wa.edu.au [f /wascainc](https://www.facebook.com/wascainc)

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