

Garden Tomato Salsa

GARDEN TOMATO SALSA



LIVE WELL UTAH

Did you know Live Well Utah sends out a weekly newsletter? Each week we feature a list of quick tips, a recipe and an article – all sent directly to your inbox! Today we're sharing a salsa recipe from a recent newsletter. If you like what you see, sign up to receive the newsletter here.

Summer is drawing to an end, but gardens are in full-swing production this time of year. If you find your countertops overflowing with red, ripe tomatoes, try this fresh salsa recipe to put them to good use. Don't have your own garden tomatoes? Check out our Farmers Market Roundup to find local produce near you!

Garden Tomato Salsa

- * 4-5 medium or large tomatoes
- * 1/2 red onion
- * 1 jalapeno
- * 1 medium avocado
- * 1 can corn
- * 1 can black beans
- * 1/2 bunch fresh cilantro
- * juice of 2-3 limes
- * salt to taste

Finely dice tomatoes, onion, jalapeno and avocado, and add to a large bowl. Omit jalapeno ribs and seeds for milder salsa. Drain and rinse corn and beans, and add to bowl. Chop cilantro and add to bowl, along with lime juice and salt, to taste. *Expert tip: use scissors to quickly snip up cilantro.* Enjoy with chips, as a topping on chicken or fish, or on a southwestern-style salad.
