

Louisiana HARVEST of the MONTH

Red Pepper Salsa

Home Recipe

Serves: 6
Prep Time: 5 minutes
Cook Time: 5 Minutes

Ingredients

- 1 small red bell pepper
- 1 small yellow bell pepper
- 6 Roma tomatoes
- 2 garlic cloves
- ½ medium red onion
- ½ cup fresh cilantro
- 2 tbsp. lime juice
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- ½ teaspoon salt

Cooking Instructions

- 1) Roughly chop the tomatoes, bell peppers, red onion, and fresh cilantro. Mince the garlic cloves. Add to the food processor.
- 2) Add the fresh lime juice, ground cumin, smoked paprika and salt to the food processor. Pulse a few times or until it is the consistency of salsa.

Nutrients Per ¼ Cup Serving

• Calories	35
• Total Fat	0 g
• Saturated Fat	0 g
• Cholesterol	0 mg
• Sodium	200 mg
• Carbohydrates	7 g
• Dietary Fiber	2 g
• Protein	1 g
• Calcium	23 mg
• Iron	1 mg
• Potassium	265 mg
• Vitamin C	19.09 mg



For More Information

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