

Ingredients:

- cooking spray
- 4 tomatoes, diced
- 1/2 jalapeño pepper, seeded and finely chopped
- 2 tbsp. chopped fresh cilantro
- 1/8 tsp. black pepper
- 1/2 small red onion, diced
- Juice of 1 lime
- 1 garlic clove, minced



Directions:

Combine all ingredients in medium bowl and stir.

Cost: About \$0.57 per serving!

Tips:

- Hold the handle of the knife with your middle, ring, and pinkie fingers. Rest your index finger flat against the blade near the handle (curl the finger back toward the handle), and position your thumb on the opposite side of the blade. It may seem awkward at first, but with practice this will give you more control over your knife!
- Being confident in your knife skills can help you save money. If you buy whole produce versus pre-cut produce you'll save a ton!
- Remember that cooking your own meals can be a great way to reduce your sodium intake. The AHA recommends consuming no more than 2,300 mgs of sodium a day.

Nutrition Facts	
Serving size	1/4 of Recipe
Amount Per Serving	
Calories	15
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	2%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	