

FRESH SALSA RECIPES

Cool Cucumber Tomato Salsa

Great with fish or as a dip with baked low fat tortilla chips. Toss together:

- 2 cups seeded, diced plum tomatoes
- 1 peeled, seeded cucumber
- 1 tablespoon minced red onion
- 1 tablespoon fresh lemon juice
- 2 tablespoons minced cilantro
- 1 jalapeno pepper*
- 1/4 teaspoon salt.



Cover and refrigerate several hours. Yields 2 1/2 cups

Nutrition Facts	
Serving Size 2 Tbsp. (30g)	
Servings Per Container	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 2%	Vitamin C 8%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pineapple Salsa

An excellent choice with grilled chicken or turkey breast. Combine:

- 1 8-ounce can juice-packed pineapple tidbits, drained (or use 1 cup fresh pineapple)
- 1/2 cup red bell pepper
- 2 tablespoons minced green onion
- 1 tablespoon cilantro
- 2 seeded, minced fresh jalapeno peppers*
- 1 teaspoon grated lime zest

Yields 2 cups



Nutrition Facts	
Serving Size 2 Tbsp (30g)	
Servings Per Container 16	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 6%	Vitamin C 25%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Mango and Peach Salsa

Top grilled fish with this tasty, colorful fruit salsa. Combine:

- 1/4 cup each, diced, peeled mango and peach
- 1/2 teaspoon minced jalapeno pepper
- 1/2 of a sweet red pepper
- 1/2 of a medium onion
- 1 tablespoon lime juice
- 2 teaspoons vegetable oil
- 1 clove of garlic, minced



Add a pinch of salt and pepper or to taste. Cover and marinate in refrigerator for several hours or overnight. Yields 2 cups.

All of these delicious salsas are great scooped up with a variety of dippers, such as pita crisps, whole grain breads, low-fat crackers or baked tortilla chips and veggies, such as peppers (try red, yellow and orange as well as green) and cucumbers.

*** Note:** Always wear rubber gloves when cutting hot peppers and never touch eyes or skin, Wash the cutting board and knife before removing gloves.

Tropical Salsa

Especially good with grilled seafood. Combine:

- 6 to 7 seeded, diced plum tomatoes
- 1/2 half ripe papaya peeled, seeded and chunked
- 1 jalapeno pepper, * seeded and finely minced
- 1 minced green onion
- 3 tablespoons chopped mint
- 2 tablespoons lime juice
- 1/4 teaspoon salt



Cover and refrigerate several hours. Yields 2 cups

Nutrition Facts	
Serving Size 2 Tbsp (30g)	
Servings Per Container 20	
Amount Per Serving	
Calories 20	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber less than 1g	2%
Sugars 2g	
Protein 0g	
Vitamin A 6%	Vitamin C 20%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
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Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size 2 TBS (30g)	
Servings Per Container 16	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 4%	Vitamin C 20%
Calcium 0%	Iron 0%
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Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Mango and Black Bean Salsa

A great side dish for pork and fish!

- 2 mangoes, peeled and chopped
- 1 can (15 ½-ounce) black beans, drained and rinsed
- 2 green onions, sliced
- 1 tablespoon Serrano pepper, seeded and chopped
- ¼ cup fresh lime juice
- 2 tablespoons olive oil
- 2 tablespoons honey
- ¼ cup cilantro, chopped
- Salt and pepper to taste



Combine all ingredients and refrigerate for at least 2 hours.

Source: Essence of Kansas, Taste Three, Kansas 4-H Foundation

Nutrition Facts	
Serving Size 2 TBS (30g)	
Servings Per Container 6-8	
Amount Per Serving	
Calories 35	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber less than 1g	2%
Sugars 4g	
Protein 0g	
Vitamin A 4%	Vitamin C 10%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tropical Fruit Salsa

Serve with tortilla chips.

- 1 ripe mango, peeled and diced
- 1 cup fresh pineapple, diced
- 1 cup honeydew melon, diced
- ½ cup red bell pepper, diced
- 1/3 cup rice wine vinegar
- 2 tablespoons fresh cilantro, minced
- ½ teaspoon crushed red pepper
- Tortilla chips



Combine mango, pineapple, honeydew melon, red bell pepper, wine vinegar, cilantro, and crushed red pepper in a bowl. Stir to mix well. Refrigerate, covered, until chilled. Makes 4 cups

Source: Essence of Kansas, Taste Three, Kansas 4-H Foundation

Nutrition Facts	
Serving Size 2 TBS (30g)	
Servings Per Container 32	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 0g	
Vitamin A 4%	Vitamin C 15%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
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Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tex-Mex Cranberry Salsa

Excellent garnish for pork, turkey, or ham

- 1 cup water
- 1 cup sugar
- 1 package (12-ounce) fresh cranberries
- 1 teaspoon cilantro, dried
- ¼ teaspoon ground cumin
- 1 green onion, sliced
- 1 teaspoon lime juice
- 2 tablespoons canned jalapeno peppers, chopped



In a saucepan, bring water and sugar to a boil. Add cranberries. Return to boil. Gently boil cranberries for 10 minutes without stirring. Pour into a medium glass mixing bowl. Gently stir in the remaining ingredients. Place a piece of plastic wrap directly on salsa. Cool at room temperature and then refrigerate. Best served at room temperature. Serve as condiment for cold turkey or ham sandwiches. Can also be served on top of a block of cream cheese along with crackers. Makes 2-3 cups.

Source: Essence of Kansas, Taste Three, Kansas 4-H Foundation

Nutrition Facts	
Serving Size 2 Tbsp (30g)	
Servings Per Container	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber less than 1g	2%
Sugars 8g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%
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Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Fruit Salsa

Serve with plain or cinnamon graham crackers, or cinnamon chips.

- 1 pint strawberries, hulled and chopped
- 1 banana, chopped
- 1 apple, cored, peeled and diced
- 1 kiwi, peeled and chopped
- ¼ cup lemon juice
- 1 tablespoon lime juice
- ¼ cup Splenda or granulated sugar
- ¼ teaspoon nutmeg
- ½ teaspoon cinnamon



Combine fruit in a large mixing bowl. In a separate bowl, stir together remaining ingredients; pour over fruit, tossing well. Chill.

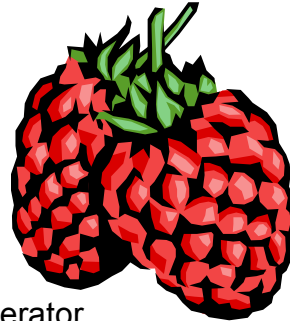
Source: Angela Abts, Pottawatomie County FCS Agent

Nutrition Facts	
Serving Size 2 TBS (30g)	
Servings Per Container	
Amount Per Serving	
Calories 15	Calories from Fat 0
% 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 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 25%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Raspberry Chipotle Salsa

Great with cinnamon chips!

- 1 red onion cut into ¼-inch pieces (2 cups)
- 1 can (11-ounce) mandarin oranges cut in halves or thirds (reserve juice)
- 1 bunch cilantro, chopped
- 1 bottle (15.75-ounce) roasted raspberry chipotle sauce
- 1/3 cup lime juice
- 1 cup fresh or frozen raspberries
- 1-2 bags tortilla chips



In a bowl, place all ingredients, except chips. Add enough reserved mandarin orange juice to make soupy.

All for marinating at least 2 hours in the refrigerator before serving with your favorite tortilla chips. You may want to try cinnamon chips for a sweeter snack. *To make cinnamon chips:*

Spray or brush flour tortillas with water and sprinkle cinnamon and sugar on the top. Bake at 475 degrees for 5-7 minutes or until golden brown.

Note: Amount of ingredients can be adjusted to personal taste.

Source: Essence of Kansas, Taste Three, Kansas 4-H Foundation

Nutrition Facts	
Serving Size (30g)	
Servings Per Container	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 2%	Vitamin C 10%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

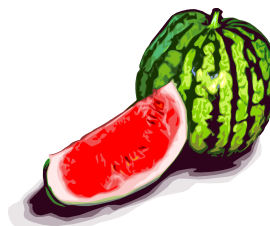
Calories: 2,000		2,500	
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Watermelon Salsa

Great with grilled pork or chicken! Also tasty with tortilla chips.

- 3 cups finely diced seedless watermelon (about 2 ¼ pounds with the rind)
- 2 jalapeno peppers, seeded and minced
- 1/3 cup chopped cilantro
- ¼ cup lime juice
- ¼ cup minced red onion
- ¼ teaspoon salt, or to taste



Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well to combine. Season with salt. Serve at room temperature or chilled. Makes 4 cups.

Source: Eating Well magazine, Aug/Sept 2005

Nutrition Facts	
Serving Size 2 TBS (30g)	
Servings Per Container 32	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 2%	Vitamin C 6%
Calcium 0%	Iron 0%

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Calories: 2,000		2,500	
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cucumber-Grape Salsa



Tasty with grilled chicken!

- ¾ cup diced seeded cucumber
- ¾ cup halved seedless green grapes, roughly chopped
- ¼ cup loosely packed cilantro leaves
- 1 fresh red Serrano or jalapeno pepper, cored, seeded, and chopped fine
- 1 tablespoon olive oil
- Salt to taste

Combine all ingredients in a small bowl; stir. Serve immediately with or on top of gilled chicken, or cover and refrigerate for up to 8 hours. Makes about 1 ½ cups.

Source: Fine Cooking magazine, #52

Nutrition Facts	
Serving Size 2 Tbsp. (30g)	
Servings Per Container	
Amount Per Serving	
Calories 30	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 0g	
Vitamin A 2%	Vitamin C 4%
Calcium 0%	Iron 0%
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Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Sunny Fruit Salsa with Cinnamon Chips



Great appetizer, snack, or summer dessert!

- 1 lime
- 1 tablespoon sugar
- 1 large ripe peach, unpeeled and chopped
- 1 large ripe red or purple plum, unpeeled and chopped
- 1 large ripe apricot, unpeeled and chopped
- ½ cup dark sweet cherries, stems removed, pitted and chopped
- ½ cup seedless green grapes, chopped

From lime, grate ¼ teaspoon peel and squeeze 1 tablespoon juice.

In a medium bowl, stir the lime peel, lime juice, sugar, and chopped fruit until combined. Makes about 3 ½ cups. Serve with Cinnamon Chips.

Preheat oven to 350 degrees F.

Coat one side of each flour tortilla with cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Bake in the preheated oven for 8 to 10 minutes or until lightly browned. Allow to cool about 15 minutes. Serve with chilled fruit salsa.

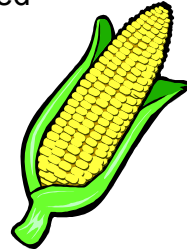
Source: www.texascooking.com

Nutrition Facts	
Serving Size 2 Tbsp (30g)	
Servings Per Container	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 0g	
Vitamin A 2%	Vitamin C 4%
Calcium 0%	Iron 0%
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Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Fresh Salsa with Black Beans

Spice this up with hot peppers in place of sweet bell pepper!

- ½ cup corn, fresh off the cob or frozen
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup diced fresh tomatoes
- ½ cup diced onion
- ½ cup diced green sweet bell pepper
- 2 tablespoons lime juice
- 2 cloves finely chopped garlic
- ½ cup picante sauce



If using fresh corn, cook it as desired and remove from the cob. If using frozen corn, let it thaw. Combine all ingredients in a large bowl. Stir. Cover and refrigerate for 2 hours or more to allow flavors to blend. Serve cold with low fat baked tortilla chips or with baked potatoes or baked meat, fish or chicken. Makes 4 cups

Source: Fix It Fresh! Fruits and Vegetables Recipes Series, K-State Research and Extension

Nutrition Facts	
Serving Size 2 Tbsp (30g)	
Servings Per Container	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber less than 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 2%	Vitamin C 4%
Calcium 0%	Iron 2%
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Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tangy Citrus Salsa

Serve with chips or with any meat, poultry or fish.

- 1 medium grapefruit
- 1 large navel orange
- 1 *each* medium green, sweet red and yellow pepper, chopped
- 1 medium tomato, seeded and chopped
- 1 jalapeno pepper, seeded and chopped
- 3 tablespoons chopped red onion
- 1 tablespoon minced fresh cilantro or parsley
- 1 ½ teaspoons sugar
- ½ teaspoon salt

Peel, section and dice grapefruit and orange, removing all membrane. Place in a bowl; add remaining ingredients and mix well. Cover and refrigerate at least 2 hours. Makes about 5 cups.

Source: Taste of Home Annual Recipes, 2001



Nutrition Facts	
Serving Size 2 Tbsp (30g)	
Servings Per Container	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 6%	Vitamin C 35%
Calcium 0%	Iron 0%
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Dietary Fiber	25g 30g
Calories per gram:	
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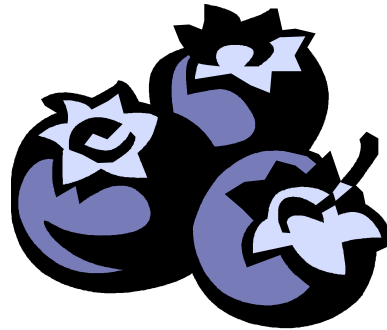
Fresh Berry Salsa

Try this one on top of a spinach or lettuce salad!

- 1 pint fresh blueberries
- 1 pint fresh strawberries, chopped
- ¼ cup sugar
- 2 tablespoon finely chopped onion
- 1 tablespoon lemon juice
- ½ teaspoon pepper
- 2 drops hot pepper sauce
- ½ cup slivered or sliced almonds, toasted

In a bowl, combine the first seven ingredients. Cover and refrigerate for 1 hour. Just before serving, stir in almonds. Serve with chicken, pork or fish. Makes 4 cups.

Source: Taste of Home Annual Recipes, 2001



Nutrition Facts	
Serving Size 2 Tbsp. (30g)	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber less than 1g	3%
Sugars 3g	
Protein 1g	
Vitamin A 0%	Vitamin C 15%
Calcium 0%	Iron 0%
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Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 37.5g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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April 2007



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