

This is a delicious salsa recipe. This recipe is fast and easy to make. Delicious with tortilla chips or any Mexican food!

## Mexican Red Salsa

To reduce the heat in the salsa, remove the seeds from the Chile before chopping.

Whenever handling chilies, wear plastic or rubber gloves to protect your skin from the oil in them. Avoid direct contact with your eyes, and wash your hands thoroughly after handling.

- 3 large ripe tomatoes (about 2 pounds), cored and finely chopped
- 1 medium white onion, finely chopped
- 1/2 cup cilantro leaves, finely chopped
- 1 serrano chile or any fresh, hot green chile, cored, seeded (if desired), and finely chopped
- 1 medium garlic clove, minced
- 1/3 cup fresh lime juice (from about 3 medium limes)
- Salt

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In a medium bowl, mix all ingredients, including salt to taste. Cover and refrigerate at least 1 hour and up to 5 days, to blend flavors.



Salsa is a very healthy snack. To compliment this low-fat condiment, you can bake tortillas to make tortilla chips. Serve the homemade salsa with these baked tortilla chips for a low-fat snack.

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