

OntarioRed™ SALSA

Spice up your taste buds with this amazing flavor combination of sweet heat! This salsa is great as a topping for any grilled meat or fish!



Nutrition Facts	
Serving Size (41g)	
Servings Per Container	
Amount Per Serving	
Calories 15	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 0g	
Vitamin A 4%	Vitamin C 35%
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	



Prep time: 15 Minutes
Cook time: N/A
Serves: 12 People

INGREDIENTS:

- 1 OntarioRed™ Beefsteak Tomato
- 2 cups Bell Pepper
- 2 jalapeño peppers
- 1 small red onion
- 1 tbsp. olive oil
- 1 tbsp. red wine vinegar
- ¼ cup chopped cilantro
- 1 tsp. black pepper
- Salt to taste

DIRECTIONS:

- Dice OntarioRed™ Beefsteak Tomato, Bell Peppers, jalapeño pepper & red onion.
- Once you have washed and diced all vegetables and herbs add all ingredients to a mixing bowl into a mixing bowl and mix well. Let marinate for at least 15 minutes.
- To intensify flavors, increase marinate time by an additional 5 minutes

CHEF'S TIP:

this salsa makes a great cold pasta sauce.



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