Homemade Salsa for a party...

2 large tomatoes
½ yellow onion
1 bundle cilantro (~2 cups)
1 lime, 1 large bell pepper
1 clove garlic
Pinch of cumin
1 teaspoon of salt

Recipe: 148 Calories, 8 Pro, 34 Cho, 2 Fat, 2,400 Na

Use your handy food processor to make some delicious, nutritious, homemade salsa. The food processor makes sure you will have an even consistency in the salsa. Get your ingredients together and begin the preparation. Peel the onion and quarter. Quarter the tomato and add to the food processor along with the onion and cilantro. Take the cap off the peppers and remove the seeds. Using a banana pepper will make this a milder salsa. Add the seasoning ingredients of garlic, cumin, and salt. Pulse the food processor until you have a nice, chunky consistency. Finally, pour the salsa into a bowl and fold the lime juice into the salsa. Serve with chips, and enjoy!

This is easily enough salsa for a 16 oz bag of tortilla chips which contains 2,177 Calories, 36 grams protein, 286 grams of carbohydrate, 110 grams fat, and 3,570 mg sodium. When having chips, the salsa is a great substitute for any onion or sour cream dips.