Salsa Picante
Recipe by Cooking Light

Everybody's used to bottled salsa, which is why telling your guests you made this one yourself will impress them far more than you'd ever expect. It's an easy-as-pie recipe whose secret is using one can of tomatoes drained and the other undrained for the perfect scoopable texture. It's easy to adjust to your taste—add more or less onion, garlic, cilantro, jalapeño, and lime as you see fit, and try stirring in diced avocado, radish, or jicama for extra interest. This is a good salsa to have on hand for more than just parties, too: You can put it on tacos, quesadillas, or anything else that needs flavor.

Yield:
4 cups (serving size: 2/3 cup)

Ingredients

1 cup coarsely chopped onion
1 cup cilantro sprigs
1 jalapeño pepper, coarsely chopped
1 garlic clove, coarsely chopped
1 (14.5-ounce) can diced tomatoes, undrained
3 tablespoons fresh lime juice
1/4 teaspoon salt
1 (14.5-ounce) can diced tomatoes, drained

Preparation

Place first 5 ingredients in a food processor, and process until minced. Combine onion mixture, lime juice, salt, and drained tomatoes in a medium bowl; stir until well blended.

Nutritional Information
Calories 43
Calories from fat 2 %
Fat 0.1 g
Satfat 0.0 g
Monofat 0.0 g
Polyfat 0.0 g
Protein 1.5 g
Carbohydrate 10.3 g
Fiber 2.7 g
Cholesterol 0.0 mg
Iron 0.5 mg
Sodium 275 mg
Calcium 31 mg

http://www.cookinglight.com/food/quick-healthy/quick-easy-appetizer-recipes/salsa-picante