

## UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

### Salsa Time!



#### Ingredients:

- 3 tomatoes
- 1 jalapeño (add more according to heat preference)
- 1 medium white onion
- 1/2 cup cilantro or basil (or less to taste)
- 2 cloves garlic
- 1 can of corn (optional)
- 1 can of black beans (optional)
- Juice of 1 lime
- 1 tsp sea salt (or to taste)

#### Preparation:

- Chop up the tomatoes, jalapeño, onions, and cilantro or basil.
- Mince the garlic.
- Combine all ingredients together in one bowl and juice 1 lime over everything.
- Mix well and enjoy!

More recipes from UofL Health Promotion Office:

[www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes](http://www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes)

Chef Mat's website has more recipes for fresh summer veggies and fruits:

[www.junehealthandwellness.com](http://www.junehealthandwellness.com)