

# Fresh Tomato Salsa – Vegan – SOS

Prep Time: 20 minutes  
Total Time: 20 minutes

Yield: 2 cups  
Serving Size: 6  
Calories per serving: 15  
Fat per serving: 0.1 grams

*www.DrFuhrman.com, by Joel Fuhrman, M.D.*

## Ingredients

- 2 fresh tomatoes, chopped
- 1 small red onion, minced
- 2 scallions, minced
- 1 clove garlic, minced
- 1/2 jalapeño pepper, seeded and minced
- 3 tablespoons chopped cilantro
- 3 tablespoons fresh lime or lemon juice
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## Instructions

1. In a mixing bowl, stir together all ingredients.
2. Serve immediately or refrigerate in a tightly covered container for up to 3 days.

## Notes

Nutrition facts (per serving-1/3 cup): Calories: 15, from fat: 0, total fat: 0.1g, cholesterol: 0mg, sodium: 4mg, total carbohydrate: 4g, fiber: 0.8g, sugar: 0g, protein: 1g.