

Roasted Chile Salsa

20 MINUTES | 40 CALORIES | 5 INGREDIENTS



Salsas are the nectar of the gods!

Ingredients

- 2 cups roasted, seeded and chopped Anaheim chiles (about 4 large chiles)
- 4 cups roasted tomatoes (about 6 medium-size tomatoes)
- ½ cup chopped red onion
- ½ cup chopped cilantro
- Salt and pepper, to taste

Step by step

Step 1

Roast chiles and tomatoes in the oven under the broiler for about 5 minutes. Don't let them burn!

Step 2

Place chiles in a plastic bag or just wrap in a wet paper towel. Let them sweat a few minutes; then peel, seed and chop.

Step 3

In a medium bowl, let the tomatoes cool and peel the skin. Crush tomatoes with a large spatula.

Step 4

Add the remaining ingredients, mix and season with salt and pepper.

Serving Suggestions: Serve with your favorite chips, corn tortilla or eggs!

Nutrition Information

Total grams per serving: 111g; Calories 40; Total Fat 0 g (Sat 0 g, Trans 0 g, Poly 0.1 g, Mono 0 g); Cholesterol 0 mg; Sodium 10 mg; Total Carbohydrates 9 g; Dietary Fiber 2 g; Total Sugars 5 g; Protein 2 g; Vitamin D 0 mg; Calcium 19 mg; Iron 0.9 mg; Potassium 355 mg.
One serving = 1 cup.