

Fresh Tomato Salsa







Recipe Rating	
Total Time	20 Minutes
Cooking Time	None
Total Labour	20 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spoon/Spatula
Mixing Bowl or Pan

Nutrition Facts	
Valeur nutritive	
Per 74 Gram (74g) / par 74 Gram (74g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	20
Fat / Lipides	.5g 1%
Saturated / satures	0g
+ Trans / trans	0g 0%
Cholesterol / Cholesterol	0mg
Sodium / Sodium	30mg 1%
Carbohydrate / Glucides	3g 1%
Fibre / Fibres	less than 1g 4%
Sugars / Sucres	2g
Protein / Proteines	less than 1g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	15%
Calcium / Calcium	0%
Iron / Fer	2%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Roma Tomatoes, Fresh, Diced	1.725 Kg	3.9 Lbs	3.45 Kg	7.8 Lbs
Red Onions, Fresh, Diced	100 gm	3.5 oz	200 gm	7 oz
Cilantro, Fresh, Chopped	4 mL	0.8 tsp	8 mL	1.6 tsp
Garlic, Fresh, Minced	4 mL	0.8 tsp	8 mL	1.6 tsp
Olive Oil	15 mL	1 Tbsp	30 mL	2 Tbsp
Salt	1.5 mL	1/3 tsp	3 mL	2/3 tsp
White Pepper	2.5 mL	½ tsp	5 mL	1 tsp

Method	
	<p>1. Wash Roma tomatoes and cilantro. Peel red onion and garlic.</p> <p>Dice Roma tomatoes and red onion. Chop cilantro. Mince garlic.</p>
	<p>2. In a large mixing bowl, combine all ingredients gently with a spatula. Place in the refrigerator prior to use.</p>
	<p>3. Serve on top of various dishes as a garnish or accompaniment.</p> <p>Serve Cold. Keep refrigerated for several days to multiple uses.</p>
	<p>4. Bulk: Portion into service dishes or leave in bulk for dining room service.</p> <p>Cold Plating: allow to cool and plate alone or as a side dish. Place on the hot (or cold) side of the tray prior to service.</p>
<p>Garnish: Chopped cilantro or parsley</p>	
<p>Food Accompany: Chicken Fajitas or Chicken with Red Curry Sauce</p>	