



Appetizer

For dipping with nachos and fresh veggie sticks or with wheat tortillas
(see separate recipe)

Fresh Salsa Rosso

Ingredients for 10 servings:

- 1 Onion, red or white
- 525 g Tomatoes
- Several cilantro leaves
- 2 Cloves of garlic
- 1/4 Red chili peppers
- 1 1/2 Tsp. Salt
- 1 pinch of Black Pepper, ground
- 1/2 Tsp. Sugar
- 1/2 Tsp. Cayenne pepper

Peel onion and dice finely with the tomatoes. Wash and dry the cilantro. Peel garlic cloves. Clean and wash the chili peppers and dice finely together with the garlic and the cilantro. Puree all ingredients together and season with the spices.

Prep time: about 15 minutes

Per serving:

Joule/Calories: 53/13

Protein: 0,7 g

Fat: 0 g

Carbohydrates: 2 g