RECIPE

Cherry Tomato and Ground Cherry Salsa

Enjoy this fresh, sweet cherry tomato and ground cherry salsa over grilled fish or chicken. It's sure to please.

Makes: 8 Servings
Prep Time: 10 minutes
Cook Time: 0 minutes

Source: Penn State Extension

Small Changes, BIG Difference!

Ingredients

- 2 c. quartered cherry tomatoes
- 1 c. halved ground cherries
- 1/3 c. finely chopped red onion
- 1 garlic clove, minced
- 2 T. minced red chili
- 1/2 c. finely chopped fresh cilantro
- 3 T. fresh lime juice
- 1 T. extra virgin olive oil
- 1/4 tsp. cumin
- 1/8 tsp. kosher salt
- 1/8 tsp. freshly ground black pepper

Directions

1. In a medium bowl, fold together cherry tomatoes, ground cherries, onion, garlic, chili, and cilantro.
2. Drizzle the lime juice and olive oil over the top, folding a couple times to incorporate. Then sprinkle with cumin, salt, and pepper.
3. Fold again to bring it all together.

Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	242
Total Fat:	14g
Saturated Fat:	2g
Cholesterol:	0mg
Sodium:	641mg
Total Carbohydrates:	31g
Dietary Fiber:	9g
Total Sugars:	13g
Added Sugars:	0g
Protein	5g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Measuring spoons
- Measuring cups
- Mixing spoon

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