

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

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.



Small Changes,
 BIG Difference!



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

SHOPPING LIST

Average total cost without oil and seasonings: \$14.85

Average cost/serving: \$1.86

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Cherry tomatoes, 12oz.



Add 1 to Cart
Cherries, 12 oz.



Add 1 to Cart
Red onion, small



Add 1 to Cart
Garlic, 1 bulb



Add 1 to Cart
Red chili, minced



Add 1 to Cart
Cilantro



Add 1 to Cart
Lime

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Enjoy immediately or refrigerate for an hour or two before serving.

Similar Recipes

- Nectarine, Corn and Tomato Relish
- Cherry Pineapple Delight

