

SPRUCE TIP SALSA

INGREDIENTS:

- 4 cans diced tomatoes in juice
- 2 – 5 garlic cloves, minced
- 1/2 cup spruce tips, chopped
- 1/2 lemon, juiced (cut in wedges, well squeezed)
- 1/2 lime, juiced (cut in wedges, well squeezed)
- 3 ounces tomato paste
- 1/4 cup cilantro, chopped
- 1 teaspoon sugar
- Dash of hot sauce (optional)

DIRECTIONS

1. Combine all ingredients in a large bowl. Flavor improved sitting overnight in the refrigerator.
2. Serve with whole grain chips or with tacos.

| Nutrition Facts | |
|------------------------------|---------------------|
| Serving Size (42g) | |
| Servings Per Container 16 | |
| Amount Per Serving | |
| Calories 15 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 20mg | 1% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 1g | 4% |
| Sugars 2g | |
| Protein 0g | |
| Vitamin A 4% | • Vitamin C 15% |
| Calcium 0% | • Iron 2% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: Kim Aspelund, SCF Health Educator II

