

Sauces

Charred Tomato Salsa

Cooking Light

Servings: 8

Preparation Time: 25 minutes

Start to Finish Time: 1 hour 10 minutes

The heat of the jalapeno is concentrated in the seeds and veins. For maximum heat, skip the seeding process.

Broiling condenses flavor by evaporating the juices slowly. Stir the vegetables once for an even char.

The longer the salsa is allowed to sit, the more the flavors will meld. Make extra and use to enhance other dishes.

8 plum tomatoes, halved and seeded

3 cloves garlic, peeled and crushed

1 small onion, chopped

1 seeded jalapeno pepper, quartered

cooking spray

1/3 cup fresh cilantro, chopped

3 tablespoons fresh lime juice

1/8 teaspoon black pepper

Preheat broiler.

Combine tomatoes, cloves, onion and jalapeno on a baking sheet coated with cooking spray.

Broil 20 minutes or until charred; stirring once.

Remove from oven; cool slightly.

Place mixture in a food processor; add cilantro, lime juice and pepper. Process until smooth.

Per Serving (excluding unknown items): 22 Calories; trace Fat (8.3% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 0 Fat.