
Tomato Salsa with Cilantro

*The Vroom Family (owners) - The Flying Bridge Restaurant - Osprey, FL
Sarasota's Chef Du Jour - 1992*

10 ripe tomatoes, peeled, seeded and chopped
1 red onion, chopped
1 bunch green onions, chopped
1/2 bunch parsley, chopped
1 tablespoon cumin
1 tablespoon coriander
2 tablespoons cilantro, chopped
3 tablespoons wine vinegar
2 tablespoons sugar
1 tablespoon cayenne
juice from one lemon
juice from one lime
salt (to taste)

In a bowl, mix all of the ingredients together.

(Serve with grilled tuna or swordfish.)

Yield: 16 ounces

Salsa

Per Serving (excluding unknown items): 487 Calories; 7g Fat (11.1% calories from fat); 16g Protein; 109g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 155mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 14 Vegetable; 1/2 Fat; 2 Other Carbohydrates.