

Snack | Side

Fresh, Simple Salsa

Side Effect: Altered Taste

10 Mins
Prep Time

0 Mins
Cook Time

4
Servings

32 Calories **0g** Fat **7g** Carbs **1g** Protein



Ingredients

4 Servings 10 Mins Total Time Allergens: None

1 Can (14.5 oz) No-Salt, Diced Tomatoes, drained

1 Red Onion, peeled, rinsed, and roughly chopped

1 Jalapeño, rinsed and roughly chopped (discard the seeds)

1 Clove Garlic, peeled and roughly chopped

¼ Cup Fresh Cilantro, rinsed and long stems removed

½ Tsp Cumin

Salt, to taste

Nourishment Note



Cold Foods

Cold foods that aren't cooked, such as salsa, smoothies, yogurt and fruit, are typically well-tolerated in patients experiencing altered taste.



Garlic & Onion

Spices and seasonings, such as garlic and onion, may help those who are experiencing bitter or metallic taste changes.



Tomatoes

Tomatoes are rich in lycopene, a nutrient that can help reduce the risk of heart disease and help with eye, skin, and hair health.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Blend Ingredients

Add all ingredients to a food processor. Blend until salsa is desired texture. Blend for a longer time for thinner salsa, or blend for a shorter time for chunkier salsa.

3. Serve & Store

Enjoy right away or refrigerate. Salsa will keep in the refrigerator for up to 3 days.

4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Cutting Board



Knife



Can Opener



Food Processor



Garlic Press



Medium-Sized Bowl



Spoon



Measuring Cups



Measuring Spoon

Fatigue Buster

- Ask a friend or family member to help make this dish.