



LOW-FODMAP SALSA



INGREDIENTS

ITEM

- Finely Diced Fresh Tomato
- Finely Diced Green Bell Pepper
- Sliced Green Onion Tops
- Chopped Fresh Cilantro
- Fresh Lime Juice
- Garlic-infused Olive Oil
- Ground Cumin
- Salt and Black Pepper, to taste

QUANTITY

½ Cup
¼ Cup
2 Tbsps.
2 Tbsps.
1 Tbsps.
½ Tsp
¼ Tsp.

SERVING SIZE

¼ CUP PER SERVING



PREPARATION

- Add the diced tomato, green bell pepper, green onion tops, and cilantro to a small bowl.
- Add the lime juice, garlic-infused olive oil, cumin, salt, and pepper.
- Stir gently until all ingredients are evenly combined.
- Refrigerate for 15-20 minutes before serving to allow the flavors to develop.
- Stir again just before serving.