

Farmer's Market 2004



Cooperative Extension
of Chemung County

Human Resources Center
425 Pennsylvania Ave.
Elmira, N.Y. 14904

607-734-4453
Fax: 607-734-7740
www.cce.cornell.edu/chemung



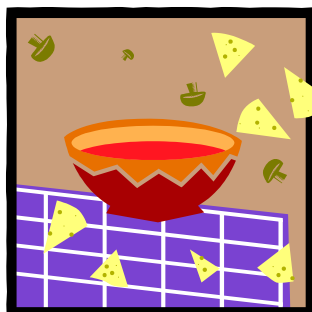
ESNY



Sweet Salsa

Makes 2 Cups

- 2 large ripe tomatoes, cored and sliced**
- 3 tablespoons scallions, finely chopped**
- 2 tablespoons sugar**
- 2 teaspoons finely chopped green chilies**
- 1/4 teaspoon ground coriander**



Place all ingredients in food processor or blender; process until blended but not smooth. Refrigerate or serve immediately.

Nutrients per serving (10 chips with about 3 tablespoons salsa): 57 Calories, 1 g Fat, 0 mg Cholesterol, 3 mg Sodium

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Cornell Cooperative Extension of Chemung County at (607) 734-4453. **Call if you have accessibility needs.**