

Salsa

Serve with warm tortillas

(Or Salads)

1 med tomato finely chopped

1/4 cup tomato juice

2 tbsps each onion & green bell pepper

1/2 small garlic

1 tsp minced parsley

1/8 tsp minced jalapeno, pepper (opt)

Combine above - cover & refrigerate at least

30 mins flavors to blend.

makes 3/4 cup

Each serving provides:

2

Weight Watchers Lunch & Easy Menu