



Nada Added Sugar Salsa

With tomato season in full swing, I couldn't resist sharing this fresh, healthy, no-sugar, no-oil salsa recipe. It's ridiculously simple, packed with flavor, and comes together in just minutes.

This salsa makes a vibrant topping for tacos, burrito bowls, grilled chicken, fish, or even a plain ol' salad. I also love it as a detox-friendly dip with cucumber rounds or zucchini slices—and if you've reintroduced corn, go ahead and enjoy it with a small handful of organic tortilla chips. (I'm partial to Late July's sea salt variety.)

Let it chill in the fridge for 15 minutes so the flavors can mingle, then serve it up. It's perfect for meal prep, football season snacking, or anytime you want something bold and fresh without the junk.

Ingredients

- 2 cups multi color grape tomatoes (preferably home grown or from your local farmers market), halved or quartered depending on your preference and the size of the tomatoes
- 2 jalapeno, seeded & diced
- 1/2 small red onion, finely diced
- 1/4 cup fresh cilantro, chopped
- 1 tsp (or one clove) garlic, diced
- 3/4 cup canned black beans, drained and rinsed
- Juice from 1 squeezed lime
- 2 tsp Trader Joes Chile Lime Seasoning
- pinch of black pepper

Procedure

Mix all ingredients together in a medium bowl and let sit in refrigerator for at least 15 minutes before serving.

This salsa adds a great kick to your favorite veggies (especially good with cucumber rounds, sliced zucchini or stuffed into half an avocado).

Watch the YouTube demo [HERE](#).

The salsa is also delicious served with healthy tacos or burritos. Check out the No Added Sugar Taco Season Blend recipe (a yummy turkey taco recipe can be found in that post).