

Low FODMAP Salsa

This garlic and onion-free salsa may be low in FODMAPs but it is high in flavor! As a fresh salsa it might also be considered low FODMAP pico de gallo.

 5 from 2 votes



PREP TIME

20 mins



COURSE

Snack



SERVINGS

12

CALORIES

12 kcal

INGREDIENTS

- 3 Tomatoes
- 1/2 cup Green Bell Pepper
- 1 Medium Jalapeno
- 3-4 Green Onions green tops only
- 2 Tbsp Lime Juice
- 1 tsp Garlic Infused Olive Oil
- 1/2 tsp Cumin
- 1/2 tsp Sea Salt
- Black Pepper to taste

INSTRUCTIONS

1. Finely chop the tomatoes, bell pepper, jalapeno, and tops of green onions.
2. Combine all ingredients in a medium bowl.
3. Chill for 15-30 minutes before serving.

