Fresh Tomato Salsa  
Makes 6 Servings

Ingredients:
1 cup tomatoes (finely chopped)  
1/2 cup apple (peeled and finely chopped)  
1/4 cup onion (finely chopped)  
2 tablespoons lime or lemon juice  
1 teaspoon garlic (finely chopped)  
1/2 teaspoon vegetable oil  
1/4 teaspoon salt  
1 teaspoon fresh parsley or cilantro (chopped), optional  
1 tablespoon cayenne pepper or jalapeno chilies (chopped), optional

Directions:
1. In a medium-size bowl combine tomato, apple, onion and lime juice. Mix well.  
2. Add garlic, vegetable oil and salt to bowl. If using parsley, cilantro, cayenne pepper or jalapeno chilies, add them too. Mix well.  
3. Cover bowl and refrigerate for 15 minutes. Serve cold.

Source: A Harvest of Recipes with USDA Foods.