

IN A MINUTE SALSA

1 can (16 ounces) tomatoes, un-drained

1 can (4 ounces) whole green chilies

1 tablespoon dried Cilantro

2 tablespoons white vinegar

1 teaspoon sugar

3 to 5 Jalapenos, whole with stems removed

Combine all ingredients in blender. Blend until smooth. Serve with tortilla chips.

Yield: 4 cups

Nathan Bazil

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Intermediate-Nutritious Snack