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Description

Bring bright, bold, and fiery flavor to your table with this homemade Spicy Salsa. Made with fire-roasted tomatoes, fresh jalapeños, diced red onion, lime juice, and aromatic cilantro, this vibrant condiment delivers a satisfying crunch and kick. It is a fantastic low-carb, nutrient-dense addition to any fitness-focused menu, easily pairing with high-protein meals like grilled chicken, scrambled eggs, or lean steak without adding unwanted sugars or extra calories.

Can This Spicy Salsa Support Weight Loss Goals?

Yes, this spicy salsa supports weight loss goals because it is extremely low in calories while delivering high-volume flavor. The capsaicin from fresh peppers and the natural acidity from lime juice make meals much more satisfying without requiring rich, caloric sauces. Furthermore, pairing low-calorie, fiber-rich salsa with high-protein lean meats keeps hunger at bay and promotes extended satiety throughout the day.

Does Spicy Salsa Fit a High Protein Lifestyle?

While traditional salsa is naturally plant-based, this recipe fits perfectly into a high-protein lifestyle as the ultimate versatile, low-carb macro topper. With less than 2 grams of net carbs per serving, it adds massive zesty flavor to protein staples like egg whites, grilled chicken breast, cottage cheese, and ground turkey. Incorporating fresh tomatoes, peppers, and garlic allows you to flavor heavy protein portions while maintaining ideal daily nutrition targets.

My Personal Experience

- Instant Flavor Upgrade for Plain Meals:

Transforms plain high-protein staples like dry chicken breasts and egg whites into exciting, flavorful dishes immediately.

- Effortless Meal Prep Condiment:

Keeps extraordinarily well in the fridge all week, allowing quick spoonfuls over lunch bowls without extra prep time.

Perfect For:

- High-protein breakfast toppings (scrambled eggs, omelets, and breakfast bowls)
- Low-carb snack dips paired with pork rinds or sliced vegetables
- Keto diet plans and taco night meal prep
- High-protein lunch and dinner garnishes (grilled chicken, steak, and fish)

Why You'll Love This Recipe:

- Fresh, Fire-Roasted Flavor:

Combines juicy tomatoes with charred peppers, garlic, and fresh lime juice for a bold,

restaurant-quality salsa taste.

- Zero Added Sugar or Fillers:

Keeps net carbs ultra-low by skipping processed sweeteners and starches found in jarred store-bought options.

- Customizable Heat Levels:

Allows complete control over the spice factor so you can adjust seeds and ribs according to your personal taste.

Common Mistakes to Avoid:

1. Over-blending into a puree: Pulsing too long creates a watery, thin tomato juice instead of a textured, chunky salsa.
2. Leaving too much moisture in tomatoes: Failing to seed or drain watery tomatoes results in a runny salsa that dilutes protein bowls.
3. Serving immediately without resting: Skipping the 15-minute resting step prevents the citrus, salt, and spices from fully meshing together.
4. Neglecting to adjust seasoning: Tomatoes vary in sweetness and acidity, so failing to taste and adjust salt or lime ruins the final balance.

Required Equipment:

- Food Processor or Blender: Allows brief pulse control to achieve the ideal chunky texture without turning ingredients to liquid.
- Cutting Board & Chef's Knife: Enables quick, uniform chopping of onions, peppers, and cilantro prior to pulsing.

- Citrus Squeezer: Extracts maximum juice from fresh limes while keeping seeds out of the salsa mix.
- Glass Storage Jar: Preserves freshness, acidity, and vibrant flavor without absorbing odors or staining.

Storage Instructions:

Store leftover spicy salsa in a sealed glass jar or airtight plastic container in the refrigerator for up to 7 days. Freezing is not recommended as it breaks down the cellular structure of fresh tomatoes, causing them to turn watery upon thawing; keep it refrigerated to preserve crispness and high-protein pairing readiness.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 0 minutes (5 minutes if roasting peppers)
- Total Time: 10 minutes
- Servings: 8 servings (approx. 2 tbsp / 30g per serving)
- Best Season for This Recipe: All-season (Best in Summer with peak fresh tomatoes)
- Total Calories (Per Serving): ~15 kcal (Approximate estimate)

Description

A vibrant, zesty homemade spicy salsa packed with fresh tomatoes, jalapeños, lime, and cilantro. Low-carb, sugar-free, and virtually calorie-free for guilt-free meal prepping. Perfect for topping grilled meats, eggs, and healthy low-carb bowls.

□ Ingredients:

- Roma Tomatoes: 4 medium (approx. 250g), cored and diced (*Note: Drain excess seed juice if overly watery*)
- Jalapeño Peppers: 2 medium, halved and seeded (*Note: Keep seeds for extra heat*)
- Serrano Pepper (optional): 1 small, finely chopped (*For an elevated spicy kick*)
- Red Onion: 1/2 small (approx. 50g), finely diced
- Fresh Cilantro: 1/2 cup, finely chopped
- Garlic: 2 cloves, minced
- Lime Juice: 2 tbsp (30ml), freshly squeezed
- Sea Salt: 1/2 tsp (adjust to taste)
- Ground Cumin: 1/4 tsp

Directions:

1. Prepare Ingredients: Wash and chop tomatoes, onions, garlic, and cilantro, making sure to remove seeds from jalapeños if moderate heat is preferred.
2. Pulse Base Ingredients: Place diced red onion, garlic, jalapeños, serrano pepper, and half the tomatoes into a food processor.
3. Achieve Texture: Pulse in short 1-second bursts 5–6 times until coarsely chopped; do not run continuously or it will become watery.
4. Combine & Season: Transfer pulsed mixture to a bowl, fold in remaining diced tomatoes, fresh cilantro, lime juice, sea salt, and ground cumin. (*High-protein tip: Mix a spoonful into Greek yogurt or cottage cheese for an instant creamy high-protein dip*).

5. Marinate & Rest: Let the salsa sit at room temperature for 15 minutes to allow the salt and lime juice to draw out the flavors.
6. Taste & Serve: Taste and adjust salt or lime juice as desired, then serve chilled over your favorite protein dishes or low-carb snacks.

Nutrition Facts (Per Serving – Approximate):

- Calories: 15 kcal
- Fats: 0.2 g
- Cholesterol: 0 mg
- Sodium: 145 mg
- Potassium: 110 mg
- Total Carbohydrates: 3 g
- Fiber: 1 g
- Net Carbs: 2 g
- Sugars: 1.5 g
- Protein: 0.6 g
- Calcium: 12 mg

Notes:

- Storage Tips: Always store salsa in glass containers, as the acid from the lime and tomatoes can react with certain plastic containers.

- Reheating Instructions: This salsa is served raw or room temperature; do not heat or microwave as it destroys the fresh crunch.
- Allergy Notes: Naturally gluten-free, dairy-free, nut-free, and vegan.
- Flavor Boosts: Add a pinch of smoked paprika, charred corn (if carbs permit), or finely chopped habanero for extreme heat.