

FRESH SALSA

A basic salsa can transform a typical meal into something special. This salsa can be made spicy or mild - and can be the perfect addition to your favorite AH and AD meals.

***This recipe is from ALWAYS DELICIOUS by David Ludwig, MD, PhD, and Dawn Ludwig.*

INGREDIENTS

Yield: ~3 cups

Prep Time: 5mins

Cook Time: 0mins

Total Time: 5mins

- 2-3 cloves garlic
- 1 medium onion, cut into chunks
- 1/2 to 1 cup packed cilantro, leaves and stems coarsely chopped (1 to 2 ounces)
- Juice of one lime
- 1 to 2 jalapeños or other chiles of your choice, or to taste
- 1/2 teaspoon salt
- 1 (14.5 ounce) can diced tomatoes

Nutrition Per 1 Tablespoon

Calories: 4

Carbohydrates: 1g

Fat: 0g

Protein: 0g

DIRECTIONS

- 1) Place the garlic, onion, cilantro, lime juice, jalapeño, and salt in a food processor. Process until finely chopped.
- 2) Add the tomatoes. Pulse to a finely chopped salsa consistency. Add salt to taste.
- 3) Transfer to a glass mason jar with a lid. Store in the refrigerator for 2-3 weeks.

TIPS

If you want a milder salsa, take the seeds out of the jalapeños or use fewer of them. You can use any peppers of your choice: a chipotle pepper will add a smoky flavor, but you could also use poblanos or bells. Feel free to make it your own!

HOW TO SERVE

This quick salsa is very versatile, and can be used in various applications throughout the week. Below are some suggestions to use this salsa...

- 1) Use it as a topping for a cold salad, warm Socca pizza or spicy soup.
- 2) Enjoy inside a Socca wrap with your choice of protein and non-starchy vegetables.
- 3) Serve with scrambled eggs for a delicious morning meal.
- 4) Add to chilis, spicy stews, or our Black Bean Tofu Hash (AH page 222).
- 5) Serve with Chile Cheese Fritters (AD page 204), cream cheese, and non-starchy vegetables.