



Nancy's Nourishing Kitchen

Basic Tomato Salsa

Ingredients:

2 cups diced tomatoes, fresh or canned
*drain juice from canned tomatoes
1 green bell pepper, diced
1 red onion, diced
2 cloves garlic, minced
1/2 cup fresh cilantro, chopped (swap parsley)
juice 2 limes (swap lemon)
sea salt and fresh black pepper to taste
1 jalapeño pepper, diced (optional)
splash of apple cider vinegar, optional

Directions:

- Toss all ingredients together in mixing bowl.
- Taste for seasoning.
- Let sit for 1-2 hours for flavors to blend together.

Tip: soak onion in ice water for 15 minutes to lessen the bite; drain before adding to dish

Variations

Black Bean-Corn Salsa

2 cups black beans
1 jalapeño pepper, diced (optional)
1 avocado, diced
1 red bell pepper, diced
1 cup corn kernels
1 shallot, diced (swap red onion)
1/2 teaspoon ground cumin
juice of 1-2 limes
2 Tablespoons extra virgin olive oil
1/2 cup fresh cilantro, chopped
sea salt and fresh black pepper to taste

Fruit Salsa

2 cups diced fruit, any kind
(mango, peaches, pineapple, strawberry ...)
1 red onion, diced
1/2 cup fresh cilantro, chopped
bell pepper, diced (optional)
juice of 1-2 limes (swap lemon)
sea salt & fresh black pepper to taste

Follow directions above.

