

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Fresh Summer Salsa

Change the quantity of the ingredients to suite your taste. If you like it hotter, add more jalapeno and leave in the seeds. If you like more garlic, feel free to add more, etc.

Also, this recipe calls for a food processor, which makes chopping fast and simple.

You can chop everything by hand, it will just take a little longer.

½ medium onion
2 cloves garlic, peeled
4 Roma tomatoes, ripe - quartered (you can use whatever tomatoes you have on hand)
½ medium green bell pepper, seeded
½ jalapeno, seeded
2 tablespoons fresh lemon juice
1 teaspoon salt
1 teaspoon black pepper
½ teaspoon sugar, optional
ground cumin to taste, optional (the cumin will give it a little "smoky" flavor)

Place the metal chopping blade in your food processor. You will be using the "pulse" button on your food processor. Process the onion and the garlic cloves for 3-4 seconds until onion is finely chopped and mixed with the garlic. (Do not over-process.) Add remaining ingredients. Whiz for no more than 3-4 seconds for delicious chunky salsa, or longer for less chunky. (Be careful not to over-process or this will turn into a puree.) Serve immediately.