

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Tomato Salsa

aka: "Uncle Richard's Hot Sauce"
From *The Homesick Texan Cookbook* by Lisa Fain

This is a great salsa to make during the winter months. It is a combination of fresh ingredients that are still readily available (onion, garlic, cilantro and lemon juice) and canned ingredients (tomatoes, and pickled jalapenos). This salsa is wonderful as it is, but feel free to adjust the amount of onion and garlic to your liking. Remember, this can be used on many other things besides tortilla chips. Put it on top of eggs, spoon it over baked or grilled chicken, use it in fajitas, mix up a "fajita bowl" with brown rice, black beans, grass-fed beef or chicken, sautéed peppers and onions, and top with this salsa, or use it in breakfast burritos. There are lots of yummy options!

1 28-ounce can of crushed tomatoes
1 medium yellow onion, quartered
2 cloves garlic
½ cup cilantro
1 Tbsp chili powder
½ Tbsp ground cumin
¼ to ½ cup pickled jalapeno chile slices*
2 Tbsp lemon juice
Salt, to taste

1. Place the tomatoes, onion, garlic, cilantro, chili powder, cumin, jalapenos, and lemon juice into a blender and blend until smooth.
2. Taste and adjust seasonings and add salt to taste. It will last in the refrigerator for about 1 week.

*The type of pickled jalapenos you buy will determine how hot the salsa will be. I buy mild jalapeno slices so the salsa is kid-friendly. Unfortunately, most of the pickled jalapenos you will find at your local grocery store will contain artificial colors, flavors, and preservatives. I buy my jalapenos from Whole Foods. The brand name is, La Preferida. They are organic and come in mild and hot varieties.