

# **A WORLD OF SALSAS: MASTER SALSA RECIPE**

**Yield:** about 2 cups

## **INGREDIENTS:**

1½ cups fruit, seeded and chopped (tomatoes, avocado, papaya, mango, pineapple, tomatillos, watermelon, etc.)

¼ cup onions, diced (red, scallions, sweet)

¼ cup peppers, diced (red, yellow, orange or green)

2 Tbsp. chilies, seeded and diced (jalapeno, serrano, poblano, chipotle), adjust to taste

Optional Ingredients: nuts, beans, seeds other fruits and vegetables

## **Dressing:**

2 to 4 garlic cloves, minced

1/3 cup oil

¼ cup lime juice or vinegar

1-2 Tbsp. herbs, minced (cilantro, basil, oregano, mint, thyme, etc.)

Some enjoy the addition of local raw honey

## **DIRECTIONS:**

1. Select and prep ingredients.
2. Mix vegetables together in a medium bowl.
3. Whisk together dressing ingredients.
4. Toss with vegetable and fruit mixture.
5. Cover and chill. Allow to marinate for about 1 hour before serving.