

Salsa Fresco!

Salsa is teeming with disease-fighting nutrients as well as knock-your-sombrero-off flavour. Try one (or all three) of these delicious recipes.

For each, simply chop and mix all the ingredients, and refrigerate for an hour before serving!

Cucumber - Peach

2 cups peach, peeled, pitted
1 cup cucumber
½ cup red bell pepper
½ cup red onion
2 Tbsp fresh mint
1 tsp hot red-pepper flakes
Salt and pepper to taste
2 Tbsp white balsamic vinegar



Mango-Ginger

1 medium mango, peeled
1 cup pineapple
½ cup red onion
2 Tbsp scallions
1 Tbsp fresh ginger, grated
1 clove garlic
1 Tbsp rice wine vinegar
1 tsp honey



Tomato-Corn

1 ½ cups grape tomatoes
1 cup corn kernels
½ cup red onions
½ cup black beans
¼ cup cilantro –or– parsley
½ jalapeno
1 clove garlic
½ tsp cumin
Salt and pepper to taste
2 tbsps red wine vinegar



****Black beans have heart-healthy fibre; mango and pineapple have massive amounts of vitamin C; peaches are loaded with antioxidants.***