



Salsa-Faction

GARDEN SALSA

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| 2/3 cup (150 mL) chopped seeded English cucumber | 1/4 tsp (1 mL) dill weed |
| 1/2 cup (125 mL) chopped red bell pepper | 1/4 tsp (1 mL) salt |
| 1/4 cup (50 mL) chopped red onion | 1/4 tsp (1 mL) freshly ground pepper |
| 1 tbsp (15 mL) honey | Dash cayenne pepper |
| 1 tbsp (15 mL) fresh lime juice | |

Combine all ingredients. Cover and refrigerate for up to 1 hour. Makes about 1 1/2 cups (375 mL).

RASPBERRY SALSA

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| 2 cups (500 mL) raspberries | 2 tsp (10 mL) finely chopped jalapeno pepper |
| 1/4 cup (50 mL) finely chopped green onion | 1/2 tsp (2 mL) sugar |
| 1/4 cup (50 mL) chopped fresh cilantro | 1 clove garlic, crushed |
| 3 tbsp (40 mL) fresh lime juice | |

Combine all ingredients. Cover and refrigerate for at least 1 hour or up to 4 hours. Makes about 2 cups (500 mL).

Cook's Note: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.

TOMATO AND OLIVE SALSA

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| 1 1/2 cups (375 mL) diced seeded Roma tomatoes | 2 tbsp (25 mL) drained capers |
| 1/3 cup (75 mL) chopped pitted kalamata olives | 2 tbsp (25 mL) chopped green onion |
| 1/4 cup (50 mL) slivered fresh basil | 2 cloves garlic, finely chopped |
| 1/4 cup (50 mL) olive oil | 1/4 tsp (1 mL) freshly ground pepper |

Combine all ingredients. Cover and refrigerate for up to 4 hours. Makes about 2 cups (500 mL).

PEACH AND GREEN TOMATO SALSA

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| 2 cups (500 mL) chopped peeled peaches | 2 tbsp (25 mL) fresh lemon juice |
| 1 cup (250 mL) chopped green tomatoes | 1 tbsp (15 mL) honey |
| 3/4 cup (175 mL) sliced green onions | 1/2 tsp (2 mL) salt |
| 2 tbsp (25 mL) finely chopped fresh cilantro | Dash hot pepper sauce |
| 2 tbsp (25 mL) oil | |

Combine all ingredients. Cover and refrigerate 30 minutes or for up to 2 hours. Makes about 3 3/4 cups (925 mL).

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TOMATO BASIL SALSA

2 cups (500 mL) chopped seeded tomatoes	2 tbsp (25 mL) red or white wine vinegar
1/4 cup (50 mL) slivered fresh basil	1/4 tsp (1 mL) salt
2 tbsp (25 mL) chopped green onion	1/8 tsp (0.5 mL) freshly ground pepper

Combine all ingredients. Cover and refrigerate for up to 2 hours. Makes about 2 cups (500 mL).

STRAWBERRY TOMATO SALSA

1 cup (250 mL) diced seeded tomatoes	1 tbsp (15 mL) chopped fresh thyme
1 cup (250 mL) diced strawberries	2 tsp (10 mL) chopped fresh oregano
1/2 cup (125 mL) finely chopped red onion	2 tsp (10 mL) green pepper sauce
1 tbsp (15 mL) red wine vinegar	1/4 tsp (1 mL) salt
1 tbsp (15 mL) olive oil	1/4 tsp (1 mL) freshly ground pepper

Combine all ingredients. Cover and refrigerate for at least 1 hour or up to 24 hours. Makes about 2 1/2 cups (625 mL).

GRAPE SALSA

1 cup (250 mL) diced seeded tomatoes	1/4 cup (50 mL) sliced almonds, toasted
3/4 cup (175 mL) diced seeded English cucumber	2 tbsp (25 mL) chopped fresh mint
3/4 cup (175 mL) quartered seedless green grapes	2 tbsp (25 mL) chopped fresh parsley

Combine all ingredients. Cover and refrigerate for up to 4 hours. Makes about 2 3/4 cups (675 mL).

ROASTED CORN SALSA

1 1/2 tsp (7 mL) oil	2 tbsp (25 mL) chopped fresh cilantro
1 1/2 cups (375 mL) frozen kernel corn, thawed	2 tbsp (25 mL) fresh lime juice
1/2 cup (125 mL) diced celery	2 tsp (10 mL) finely chopped jalapeno pepper
1/4 cup (50 mL) thinly sliced green onion	1/4 tsp (1 mL) salt
1/4 cup (50 mL) diced Roma tomato	

Heat oil in a large nonstick frypan over medium heat. Add corn; saute until corn just begins to brown and starts to “pop”, about 5 - 7 minutes. Cool completely. Combine corn with remaining ingredients (celery through salt). Serve with ham, chicken or pork. Makes about 2 cups (500 mL).

Cook's Note: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.

GREEN TOMATO SALSA

1 yellow bell pepper	1/2 tsp (2 mL) salt
2 1/2 cups (625 mL) chopped green tomatoes	1/2 tsp (2 mL) green pepper sauce
1/3 cup (75 mL) finely chopped red onion	1/4 tsp (1 mL) freshly ground pepper
1 tbsp (15 mL) balsamic vinegar	1 clove garlic, finely chopped
1 tsp (5 mL) packed brown sugar	

Place whole yellow pepper directly on grid on natural gas barbecue. Grill pepper over medium heat, turning occasionally until blackened on all sides, about 15 - 20 minutes. Place blackened pepper in a bowl; cover with plastic wrap. Allow pepper to steam for 5 - 10 minutes. Peel pepper under cold running water. Remove stem and cut pepper in half. Remove seeds and ribs. Finely chop pepper. Combine pepper with remaining ingredients (tomatoes through garlic). Cover and refrigerate for at least 1 hour or up to 4 hours. Makes about 3 1/4 cups (800 mL).