



Fresh Salsa

YIELDS: 16 servings (3 tbsp each)

PREP TIME: 20-30 minutes

Ingredients

- 540 mL (19 oz) can diced tomatoes with Italian seasoning
- 125 mL (½ cup) seedless cucumbers, diced
- 125 mL (½ cup) green pepper, diced
- 1-2 green onions, finely chopped
- 1 small jalapeno pepper, seeded and diced
- 1 clove garlic, minced
- 15 mL-30 mL (1-2 tbsp) red win vinegar
- 3 sprigs fresh coriander, chopped (optional)



Figure 1. Salsa

EQUIPMENT: Can opener | mixing bowl (medium) | cutting boards | paring knives | chef knives | blender | set of measuring cups | set of measuring spoons | serving dish and utensils | small plates for sampling

Directions

1. Combine all ingredients in a bowl except coriander. Mix well.
2. Transfer half of the mixture to the blender and puree. Add the blended mix to the chunkier mixture.
3. Garnish with coriander (if using).

CHEF'S TIP: Jalapeno peppers need to be handled carefully as they can burn. While handling them, do not touch your face or eyes. After handling, wash your hands well with soap and water.