



Urban Harvest

Fresh! from the Garden

Garden Fresh Salsa

INGREDIENTS:

5 large ripe tomatoes
 1 medium yellow onion
 1-3 jalapeño peppers,
 mild or spicy
 3 garlic cloves, peeled
 3 tbsp. fresh lime juice
 Coarse sea salt, to taste
 ¼ cup fresh cilantro

PREPARATION:

- Cube tomatoes and onion, then add to a food processor. If not using processor, mince more finely and mix all ingredients in a serving
- Remove stems, white membrane and seeds from peppers. Chop pepper and taste; adjust amount of pepper if very spicy.
- Add peppers and garlic cloves to the food processor. Pulse until coarsely pureed. Add lime juice, salt and pepper, then pulse briefly to combine.
- Transfer finished salsa to a serving bowl. Chop cilantro and stir into salsa.
- Use immediately or refrigerate up to 3 days. ¡Disfruten!

NOTE: Salsa can be made spicier with hotter peppers like serranos or habaneros, however most students prefer a milder version.