

Fresh Tomato Salsa

A simple and delicious fresh salsa.

4 large tomatoes, chopped 1 small onion, chopped ½ cup chopped fresh cilantro 2 cloves garlic, minced 1 T. lime juice (or vinegar) 1 jalapeno pepper, minced (more or less to taste) ½ t. salt (or to taste)



For a chunky salsa, stir together all ingredients in a large bowl, adjusting peppers and salt to taste. Or, place all ingredients in a food processor or blender and pulse to desired consistency. May substitute green chiles for the jalapeno for a milder salsa, or use serrano chiles for a hotter salsa. Makes about 5 cups.

Farmer's Market Salsa

Think you don't like vegetables? This tasty salsa will make you think twice!

1 15-oz can black beans, drained and rinsed
1 15-oz can whole kernel corn, drained
1 15-oz can petite diced tomatoes
½ cup chopped onion
½ cup chopped green bell pepper
1 clove garlic, minced
2 T lime juice
½ cup bottled salsa

Combine all ingredients in a bowl and mix well. Chill until serving time. Serve with tortilla chips. Serves 12. Each serving- 63 calories, 16 g carbohydrate, 361 mg sodium, 4 g dietary fiber.

To make with fresh vegetables: instead of the canned tomatoes, use one or two fresh large tomatoes, chopped. Instead of canned corn, use $1-1\frac{1}{2}$ cups fresh corn kernels, cooked and cut from the cob.

Cucumber Salsa

3-5 cucumbers, peeled, seeded and chopped
½ medium onion, chopped
1 can tomatoes with green chiles (such as Rotel)
1 package dry ranch dressing mix

- 1/3 cup vinegar, or to taste
- 1 T sugar

1 jalapeno pepper, seeded and diced, optional Chopped cilantro, optional

Mix all ingredients together and refrigerate. Serve with corn chips or tortilla chips.

"Cheater" Salsa

Sometimes making salsa from "scratch" takes too much time or the ingredients are not readily available. These versions are still good, but quicker.

#1: Cheat-Just-A-Bit Salsa

Use your home canned tomatoes (or purchased canned tomatoes), then add fresh ingredients such as onions, peppers, garlic, cilantro. Allow a couple of hours before serving for the flavors to blend.



#2: Cheat-A-Bit-More Salsa

Purchase flavored canned tomato products such as tomatoes with green chiles or tomatoes with onions and peppers. Add a few fresh ingredients such as fresh chopped onion, garlic or cilantro.

#3: The Ultimate Cheater Salsa

Purchase your favorite brand of ready-made salsa, add a bit of fresh cilantro and let people think you have worked hours on your homemade concoction!



llo (Green Salsa)

A tasty and tangy salsa that may be used for cooking or dipping!

10 small tomatillos, husks removed
1 small onion, chopped
3 cloves of garlic, chopped
1 4-oz can chopped green
chile peppers
1 fresh jalapeno pepper, seeded and chopped
1/4 cup chopped fresh cilantro
salt to taste

Place tomatillos in a saucepan with enough water to cover. Bring to a boil. Reduce heat and simmer until tomatillos soften and begin to burst, about 10 minutes. Drain tomatillos well and place in food processor or blender with remaining ingredients. Pulse to desired consistency. Makes about 2 cups.

Salmon Patties with Citrus Salsa

Update old-fashioned salmon patties with a cool and delicious citrus salsa for a whole new taste. Serve salmon patties on a bed of rice and pass the citrus salsa for topping.

Pan fried salmon patties from favorite recipe Cooked white or brown rice

Citrus Salsa:

- 1 teaspoon finely shredded orange peel
- 2 medium oranges-peeled, sectioned and
- chopped (or 1 can mandarin oranges, drained and chopped)
- 1 cup chopped fresh pineapple (or drained canned pineapple tidbits, chopped)
- 1 thinly sliced green onion
- 2 T snipped fresh cilantro
- 1 fresh jalapeno, seeded and minced (or use 2 T canned diced green chiles for a milder taste)

Combine all salsa ingredients and chill until ready to serve. May be made 24 hours in advance, if desired. Refrigerate leftovers (if there are any!) Also delicious served with grilled salmon or other types of fish, as well as grilled chicken or pork.



Greek Salad Salsa

- 3 T olive oil 1 $\frac{1}{2}$ T lemon juice
- 1 ¹/₂ tsp chopped fresh oregano, or (¹/₂ tsp dried)
- 1 tsp sugar
- 1⁄2 tsp salt
- 1 pound fresh tomatoes, chopped
- 2/3 cup chopped peeled cucumber
- 1/3 cup chopped green bell pepper
- 1/4 cup chopped black olives
- 2 T chopped red onion
- 2 ounces feta cheese, crumbled

Whisk the olive oil, lemon juice, oregano, sugar and salt in a bowl. Add the tomatoes, cucumber, bell pepper, olives, onion and cheese and stir until coated. Serve with pita chips. Serves 4-6.

Spicy Peach-Mango Salsa

Adds excitement to fish, poultry, pork or chips

- 2 cups diced fresh mango
- 2 cups fresh peaches, pitted and chopped
- 2 cloves garlic, minced
- 1/4 cup chopped fresh cilantro
- 2 T finely chopped fresh ginger root (or to taste)
- 2 jalapeno or serrano peppers, diced (or to taste) 1/4 cup lime juice (or to taste)

Combine mango, peaches, garlic and cilantro in a large bowl, adding final three ingredients to taste. Allow to chill 2 hours before serving. Makes 4 ¹/₂ cups.

Fresh Pineapple Salsa

- $1\frac{1}{2}$ cups chopped fresh pineapple
- $\frac{1}{2}$ cup red bell pepper, chopped
- 1/3 cup chopped red onion
- 1/4 cup pineapple juice
- 2 T. lime juice
- 2 T. chopped fresh cilantro
- 1/2 t. crushed red pepper, optional
- 1/8 t. salt

Combine salsa ingredients, chill until serving time. Delicious with grilled chicken, ham or pork. Makes a cooling compliment to spicy Jamaican-style meats. Makes about 2 ¹/₂ cups.



Fruit Salsa #1

Great as an appetizer, snack or dessert.

Salsa:

- 2 kiwis, peeled and diced
 2 Golden Delicious apples, cored and diced
 8 ounces raspberries, whole or halved
 1 pound strawberries, diced
 1 cup fresh blueberries
 2 tablespoons white sugar
- 1 tablespoon brown sugar
- 3 tablespoons fruit preserves, any flavor

In a large bowl, combine prepared fruits. In a small bowl, combine sugars and preserves. Pour over fruit and stir gently to coat. Cover and chill at least 15 minutes. Makes about 6 cups. (Halve the recipe for a smaller crowd.) Serve with Cinnamon Chips.

Cinnamon Chips:

8-10 whole wheat flour tortillas Butter flavored cooking spray 2 cups cinnamon-sugar mixture

Coat one side of each flour tortilla with cooking spray. Sprinkle with cinnamon sugar. Cut into wedges or rectangles and arrange in a single layer on a large baking sheet. Bake at 350 for 10-12 minutes or until crisp. (Microwave: place prepared chips on paper towel on a microwavesafe plate. Cook each plateful on full power for 1- 2 minutes or until dry. Let stand to crisp. Adjust time as needed for your microwave oven.)

Dessert Nachos



Cinnamon chips Fruit salsa (or fresh fruit, cut small) Toppings of your choice such as:

Granola Mini chocolate chips

Coconut Nuts

Vanilla yogurt or whipped topping, if desired

Arrange cinnamon chips on a small plate. Add a spoon or two of fruit salsa. Sprinkle lightly with toppings of your choice. (Calories from toppings add up fast, so use sparingly.) Top with yogurt or whipped topping if desired. Enjoy!

Fruit Salsa #2

cup diced strawberries
 banana, diced
 kiwi, peeled and diced
 apple, cored and diced
 tablespoons lemon juice
 1/4 cup sugar
 teaspoon nutmeg
 teaspoon cinnamon

Combine fruits in a medium mixing bowl and add lemon juice. Stir in sugar, nutmeg and cinnamon. Mix well. Refrigerate until serving time. Makes about 4 cups. Serve with Cinnamon Chips (see recipe, this page).

Watermelon Fire and Ice Salsa

Simultaneously cool and spicy hot. Serve with tortilla chips or on grilled chicken or fish.

- 3 cups chopped watermelon
- 1/2 cup chopped green bell pepper
- 2 T. lime juice
- 2 T. chopped fresh cilantro
- 1 T. chopped green onions
- 1 T. chopped jalapeno peppers
- ¹/₂ t. garlic salt



Combine all ingredients in a large bowl. Serve immediately, or refrigerate until serving time. Makes about 4 cups.

Mixed Melon Salsa

- 1 cup chopped cantaloupe
- 1 cup chopped watermelon
- 3 tomatoes, seeded and chopped
- ¹/₂ cup chopped red onion
- 1 jalapeno pepper, seeded and minced, optional
- 2 small limes
- 1 t. salt and 1/4 t. pepper or to taste

Combine melons, tomatoes, onion and jalapeno in a medium bowl. Squeeze the limes over the top of the mixture. Add salt and pepper to taste. Toss lightly to mix. Serve with tortilla chips or as a condiment for grilled meats.

THE LAWS OF SALSA CANNING

Guidelines for Preparing and Preserving Safe, Delicious Salsa

- 1. Use current, tested recipes and instructions for canning salsa at home. Consult the County Extension Office for information and resources.
- 2. Use high quality, just-ripe tomatoes and vegetables. Do not use tomatoes that are over-ripe or from frost-killed vines as they are lower in acidity.
- 3. Use the amount of tomatoes the recipe calls for. You can use or combine red, green, yellow or heirloom tomatoes or tomatillos as long as the amount specified stays the same.
- 4. Use the amount of peppers the recipe calls for. You can vary the peppers used for heat, appearance and flavor, as long as the amount specified stays the same.
- 5. Use the amount and type of acid the recipe calls for. Vinegar or bottled lemon/lime juice ensures the food safety of the product. *Breaking this law could be life threatening!*
- 6. Dried spices may be added or deleted as desired. These may include salt, ground pepper, dried chili pepper, coriander, cumin, oregano or so forth.
- 7. Don't add more vegetables or fresh herbs than the recipe calls for. This changes the acid level of the salsa and creates food safety concerns.
- 8. Don't add thickeners. This changes the rate of heat penetration in the jars and creates food safety concerns.
- 9. Use the processing method for the length of time specified in the recipe. Adjust canning procedure for altitude as needed. (Salsa can be safely stored in the refrigerator for several days and frozen for months without processing.)
- 10. It is NOT SAFE to make up your own original salsa recipe for home canning. Refrigerate or freeze your creation instead.

Sources:

- Extension Rapid Response Center, Karen Blakeslee, K-State Research and Extension
- "Fix It Fresh" Fresh Fruit and Vegetable Recipe Series, Mary M. Higgins, K-State Research and Extension Nutrition Specialist
- "It's Salsa Time", Donna Martinson, Geary County Extension Agent, retired
- Kids A Cookin', K-State Research and Extension, www.kidsacookin.com
- Living Well: More Than a Cookbook, National Extension Association of Family and Consumer Sciences
- www.Allrecipes.com

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Knowledge

