

Fresh & Fun Salsa Recipes

Blueberry Lime Salsa

Makes about 1 ½ cups

Ingredients:

- 1 cup fresh blueberries
- 5 medium strawberries
- ¼ red onion
- 1 teaspoon lime zest
- Juice of two limes
- 1/3 cup fresh cilantro leaves
- ½ avocado, chopped
- Salt and pepper to taste

Directions:

1. Combine blueberries, strawberries, onion, lime zest, juice and cilantro in a food processor or blender and pulse. The consistency is up to you but I like to leave mine a bit chunky, so I only pulse it about 5 – 6 times. Taste and season with salt and pepper if desired. Scrape salsa into a bowl and fold in chopped avocado.

From: <http://www.howsweeteats.com/2011/08/blueberry-lime-salsa/>



Pineapple Avocado Salsa

Ingredients:

- 2 cups diced pineapple
- 1 cup chopped cilantro
- 1 avocado, diced
- 1 jalapeno, seeded, finely chopped
- ½ diced red onion
- 1 Tbsp. lime juice
- ¼ tsp. iodized salt
- ¼ tsp. ground cumin
- 1/8 tsp. ground black pepper

Directions:

1. In a medium bowl, combine all ingredients.
2. Refrigerate until ready to serve

From: <http://www.gimmesomeoven.com/grilled-chicken-pineapple-avocado-salsa-recipe/>



Roasted Tomato Salsa

Ingredients:

- 2 pounds roma tomatoes, halved lengthwise
- 6 unpeeled garlic cloves
- 1 large white onion, peeled, halved and cut into ½ inch slices
- 1 jalapeno pepper, stemmed and halved (discard the seeds to reduce the heat)
- 1 large handful fresh cilantro leaves
- 1 tablespoon freshly-squeezed lime juice
- 2 teaspoons Kosher salt
- ½ teaspoon ground cumin

Instructions

1. Preheat broiler to high
2. Arrange the roma tomatoes (skin side up), garlic cloves (unpeeled), onion and jalapeno (skin side up) in an even layer on a large baking sheet. Broil for 6 – 8 minutes, or until the tomatoes and jalapenos have blistered and blackened pretty thoroughly on top
3. Remove pan from the oven, and peel and discard the skin from the garlic cloves. Transfer the tomatoes, garlic, onion and jalapeno to the bowl of a food processor or blender. At this point (if you're feeling impatient and hungry), you can either go ahead and add in the remaining ingredients and puree the salsa until it's smooth while it's warm. Or you can transfer the roasted veggies to the refrigerator and let them chill until cooled, then proceed with adding in the remaining ingredients and pureeing salsa until smooth
4. Taste and season with extra salt or lime juice if needed. Serve immediately, or refrigerate in a sealed container for up to 3 days

From: <http://www.gimmesomeoven.com/roasted-tomato-salsa/>



Mango Salsa

Ingredients:

- 2 ripe mangoes, peeled, pitted and diced (About 2 cups)
- 1 small red onion, peeled and diced
- 1-2 jalapenos, seeded and diced
- ½ cup chopped fresh cilantro, loosely packed
- Juice of one lime

Directions:

1. Toss all ingredients together until combined. Season with salt and pepper if needed. Serve immediately, or refrigerate in a sealed container for up to 3 days.

From: <http://www.gimmesomeoven.com/5-ingredient-mango-salsa-recipe/>



Peach Salsa

Ingredients:

- 2 ripe peaches, chopped
- 1 ear grilled corn, kernels removed
- 1 jalapeno, seeds removed and chopped
- 2 tablespoons fresh basil, chopped
- Juice of 1 lemon

Directions:

1. In a bowl combine the peaches, grilled corn, jalapeno, basil and lemon juice. Toss well to mix.

From: <http://www.halfbakedharvest.com/blt-and-potato-chip-lobster-rolls-with-peach-salsa/>



Roasted Tomatillo Salsa Verde

Ingredients:

- 6 tomatillos, skins removed
- 2 tablespoons serracha or Korean Sunchang or Gochugan (Korean chili paste/sauce)
- ¼ cup fresh pineapple chunks
- 2 tablespoons sesame oil
- 2 tablespoons low sodium soy sauce
- Juice from 2 limes
- 1-2 tablespoons toasted sesame seeds
- ½ cup fresh cilantro, chopped

Directions:

1. Preheat broiler to high
2. Line a baking sheet with parchment paper. Add peeled tomatillos and placed under broiler for 3 – 5 minutes. Turning once or twice or until the tomatillos are mostly charred all over
3. Remove from oven and let cool slightly. Then add charred tomatillos and pineapple chunks to a blender or food processor. Add in the serracha (or Korean Sunchang or Gochugan), sesame oil, rice vinegar, soy sauce, and lime juice. Blend until mostly smooth
4. Pour into serving bowl and stir in sesame seeds
5. Cover and store in fridge until ready to serve. Sauce can be store for at least a week in the refrigerator.

From: <http://www.halfbakedharvest.com/spicy-pork-al-pastor-quesadillas-with-roasted-tomatillo-salsa-verde/>



Sweet Chili Apple-Pomegranate Salsa

Ingredients:

- 2 honeycrisp apples, finely chopped
- Arils (seeds) from one small pomegranate
- 1 jalapeno, seeded (if desired) and chopped
- ¼ cup fresh cilantro, chopped
- Juice from 1 lime
- 2 – 4 tablespoons sweet Thai chili sauces

Directions:

1. Add chopped apple, pomegranate seeds, jalapeno, cilantro, lime juice and sweet Thai chili sauce to a bowl. Toss well to combine, taste and adjust if needed.
2. Cover and store in fridge until ready to serve.

From: <http://www.halfbakedharvest.com/spicy-cider-beer-braised-chicken-enchilada-tacos-wsweet-chili-apple-pomegranate-salsa/>



Black Bean and Corn Salsa Recipe

Serves: 12

Ingredients:

- 1 can (14.5 ounces) diced tomatoes, well drained (no salt added or low sodium)
- 1 can (8.75 ounces) whole kernel corn, well drained
- 1 cup canned black beans (no salt added or low sodium), drained and rinsed
- 2 tablespoons chopped red onion
- 2 tablespoons fresh lime juice
- 1 tablespoon extra virgin olive oil
- 1 teaspoon chile pepper
- ¼ teaspoon salt
- Optional: 1 tablespoon chopped fresh cilantro

Directions:

1. Mix all ingredients in a medium bowl and cover
2. Refrigerate at least 30 minutes or until ready to serve

From: <http://shewearsmanyhats.com/black-bean-corn-salsa-recipe/>



Avocado Tomatillo Dip

Ingredients:

- 2 avocados, seeds and skin removed
- Zest and juice of 1 lime
- 2 cloves of garlic
- 1 teaspoon of salt and pepper
- 1 teaspoon honey
- ¾ cup roasted salsa verde (I used archer farms brand)
- A handful of fresh herbs (I used cilantro and parsley)



Directions:

1. Mix lime juice, lime zest, garlic, salt, pepper and honey in a small bowl
2. In a food processor, puree lime juice mixture, salsa verde and herbs
3. Add the avocados and puree until desired consistency

From: <http://pinchofyum.com/avocado-tomatillo-dip>

Cool Cucumber Salsa

Ingredients:

- 2 medium cucumbers, peeled, seeded and chopped
- 2 medium tomatoes, chopped
- ½ cup chopped green bell pepper
- 1 jalapeno pepper, seeded and minced
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 tablespoons lime juice
- 1 teaspoon minced fresh parsley
- 2 teaspoons minced fresh cilantro
- ½ teaspoon dried dill weed
- ½ teaspoon salt



Directions:

1. In a medium bowl, stir together the cucumbers, tomatoes, green pepper, jalapeno pepper, onion, garlic, lime juice, parsley, cilantro, dill and salt.
2. Cover and refrigerate for 1 hour before serving

From: <http://allrecipes.com/recipe/75637/cool-cucumber-salsa/>