

Mix and Match Salsa

 Gluten-free, vegetarian, vegan

Try tossing in a couple cups of chopped watermelon, blueberries, apples, raspberries, peaches or cucumbers!

Ingredients:

2 cups of tomatoes (or other fruits or vegetables of your choice),
finely chopped

1 small onion, finely chopped

2 bell peppers, finely chopped

2 cloves of garlic, peeled and minced

1 jalapeño pepper, seeded and diced

1 tablespoon lemon or lime juice

3 tablespoons of maple syrup (optional)

½ cup of chopped cilantro

salt and black pepper to taste

1. Combine all ingredients in a bowl and mix well.
2. Enjoy with tortillas or tortilla chips, or use the recipe on page 10 to make your own tortillas!

