

Herbal Legacy Recipes

Salsa Fresca

contributed by Claudine Benson

Mix together and let sit 2 hours:

- 4 Roma tomatoes, diced
- 1/4 onion, diced (Yellow)
- 1 garlic clove, minced
- 1 jalapeno, minced (Remove seeds & veins)
- 1 tsp. olive oil
- 1/2 tsp. salt
- 1/2 fresh lime juice (More if not juicy)
- 1 Tab. fresh cilantro, diced

Serve with:

- White triangle chips
- Red Hot Blues tortilla chips
- Taco Salad
- Burritos
- Enchiladas



Note: Wash hands with soapy water after handling jalapenos.



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