

# Strawberry Salsa

**Prep Time:** 10 minutes **Total Time:** 10 minutes **Servings:** 4(~2 cups or 4 1/2 cup servings)

A fresh and summery strawberry salsa!

## Ingredients

- 1 pound strawberries, diced (~2 cups)
- 1/4 cup red or green onion, finely diced or sliced
- 1 jalapeno, finely diced
- 1 lime, juice and zest
- 2 tablespoons cilantro, chopped
- salt to taste

## Directions

1. Mix everything and enjoy!

**Nutrition Facts:** Calories 31, Fat 0.3g (Saturated 0, Trans 0), Cholesterol 0, Sodium 3mg, Carbs 8g (Fiber 2g, Sugars 5g), Protein 1g

<http://www.closetcooking.com/2015/06/strawberry-salsa.html>

## **Easy as “ABC” Salsa (Avocado, Black Bean, & Corn Salsa)**

### Ingredients

- 1 avocado, diced
- 1 15 oz can of black beans, drained and rinsed thoroughly
- 1 15 oz can of corn, no salt added, drained and rinsed thoroughly
- 1 large tomato or 3 Roma tomatoes, seeds removed, chopped
- 1/3 c cilantro, chopped
- Juice and zest of 1 lime (or more to taste)
- 1/2 tbsp olive oil
- 1-2 garlic cloves, minced
- 1 tsp cumin
- Salt and black pepper, to taste

### Directions

1. Mix the first 4 ingredients in a large bowl.
2. Mix the cilantro, lime juice, lime zest, olive oil, garlic, and cumin in a small bowl.
3. Toss dressing with corn mixture. Season with salt and pepper to taste.
4. Serve chilled. Enjoy

<http://www.chronicsofadietitian.com/easy-as-abc-salsa-no-cooking-required/>

# Watermelon Salsa

## INGREDIENTS

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- 3 cups finely diced seedless watermelon, (about 2 1/4 pounds with the rind) (see Tip)
- 1 jalapeno pepper, seeded and minced (see Ingredient note)
- 1/3 cup chopped cilantro, (about 1/2 bunch)
- 1/4 cup lime juice
- 1/4 cup minced red onion, (about 1/2 small)
- 1/4 teaspoon salt, or to taste

## PREPARATION

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1. Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well to combine. Season with salt. Serve at room temperature or chilled.

## TIPS & NOTES

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- **Ingredient Note:** The seeds and surrounding membrane are the spiciest part of the jalapeno. To increase the heat of the salsa, use some or all of the seeds, depending on your preference, along with the flesh of the pepper.

## NUTRITION

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**Per serving:** 26 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 7 g carbohydrates; 1 g protein; 1 g fiber; 75 mg sodium; 122 mg potassium.

**Nutrition Bonus:** Vitamin C (60% daily value).

**Carbohydrate Servings:** 1/2

**Exchanges:** 1/2 fruit

[http://www.eatingwell.com/recipes/watermelon\\_salsa.html](http://www.eatingwell.com/recipes/watermelon_salsa.html)

Disclaimer: Original recipe altered by Mrs. Scherr. Decreased amount of jalapeno.

## Pico De Gallo

### Ingredients

- 1 medium tomato, diced (or 3 Roma tomatoes)
- 1 onion, finely chopped
- 1/2 fresh jalapeno pepper, seeded and chopped
- ¼ bunch of fresh cilantro, finely chopped
- 1 green onion, finely chopped
- 1 lime, juiced
- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

### Directions

1. In a medium bowl, combine tomato, onion, jalapeno pepper (to taste,) cilantro and green onion. Season with garlic powder, salt and pepper. Stir until evenly distributed. Refrigerate for 30 minutes.

<http://allrecipes.com/recipe/35304/pico-de-gallo/>

Disclaimer: Original Recipe altered by Mrs. Scherr. Roma tomato added, lime juice added, and more cilantro added.

# Peach Salsa

## Ingredients

- 1 can (28 Ounce) Peaches In Syrup, Drained, Juice Reserved
- ½ whole Medium Red Onion, Diced Very Fine
- ½ whole Red Bell Pepper, Seeded And Diced Very Fine
- ½ whole Jalapeno, Seeded And Minced (include Some Seeds For Spice)
- ¼ bunches Cilantro, Chopped
- ⅛ teaspoons Chili Powder (more To Taste)
- Dash Of Salt
- Juice Of 1 Lime

## Preparation

Chop the peaches into small pieces and throw them into a bowl with all the other ingredients. Stir and add a splash of the reserved juice. Taste and add a little more salt and chili powder if you prefer.

Cover with plastic wrap and refrigerate for at least 1 hour before serving. Serve with tortilla chips!

<http://tastykitchen.com/recipes/appetizers-and-snacks/peach-salsa-5/>