

Salsa

6 ea.....Tomatoes
1 ea.....Red Onion
3 ea.....Green Chilies
1 Tbs.....Garlic Powder
1 Tbs.....Onion Powder
¼ tsp.....Tabasco
to taste.....Kosher Salt
2 Tbs.....Fresh Chopped Cilantro

1. Roast and dice the green chilies.
2. Place 4 of the tomatoes and ½ of the onion in the blender or food processor and puree.
3. Dice the remaining tomatoes and onion.
4. Pour into a saucepan with the diced tomato and onion, the garlic and onion powder and the diced green chilies.
5. Bring to a boil then turn the heat and simmer for about 20 minutes stirring often.
6. Remove from heat and add the Tabasco, salt and cilantro.
7. Chill and serve.



There are very few salsas out on the market that don't have starches to thicken or vinegar to increase the acidity for a really long shelf life so I like to make my own. I can also control the heat and freshness. If you like a hotter salsa add jalapeños or habaneros in place of the green chilies, habanero chilies being one of the hottest. You can also increase the amount of Tabasco. I like to roast my own chilies because there is more flavor and the texture is better but you can always use canned. Canned will tend to have an acidic flavor.

Canned tomatoes will work also but you don't have to cook it as long. Cooked tomatoes are a great source of lycopene, which is an antioxidant. Cooking the tomatoes helps in the absorption of the lycopene into the body. You can also get more from a tomato that has been vine-ripened as apposed to a tomato that was picked and then ripened. Lycopene is what makes a tomato red and is part of the carotenoid family. There have been studies that have shown that lycopene will help with lowering the bad cholesterol and help reduce heart disease, reducing the chances of certain types of cancer and could possibly help in the management of HIV and macular degenerative disease. I like to use salsa on a lot of different things because it adds a lot of flavor and without adding a lot of calories. Eggs especially.

Be creative, have fun and enjoy!!!