



MULTIAGE

SUNSHINE SALSA

Servings: 20 Preparation: 20 min



INGREDIENTS

- 8 small tomatoes
- 1 bell pepper
- 3 to 4 peaches
- 1 cucumber
- 1 small onion, peeled
- 2 tbsp (30 ml) cilantro
- ¼ cup (60 ml) parsley
- 2 cups (500 ml) kernel corn
- 2 tbsp (30 ml) chilli powder
- ⅔ cup (160 ml) lime juice (about 6 limes)

PREPARATION

- 1** Wash the tomatoes, bell pepper, peaches, cucumber, cilantro, parsley and limes.
- 2** Finely dice the tomatoes, bell pepper, peaches, cucumber and onion and place in a bowl.
- 3** Using scissors, finely chop the cilantro and parsley. Add to the mixture.
- 4** Measure out the corn and the chilli powder and add them to the bowl.
- 5** Juice the limes. Measure the right amount, then pour the lime juice on the salsa. Mix well.

SERVING SUGGESTIONS

- Serve the salsa with oven-grilled tortilla or pitas wedges, or as a side dish with grilled meat or fish.
- Chop the fruit and vegetables into different shapes (small triangles, cubes or rectangles).
- Top your burritos or tacos with the salsa, or add legumes (like black beans) and rice for a full meal!