



# FRESH TOMATO SALSA

Chef@Market: Maggie Haren

**S**alsa is one of the most popular things eaten in any Mexican-style restaurant and at virtually every sports party at home. Several bowls of this fresh and healthy appetizer with a big bowl full of crispy tortilla chips is always popular with everyone.

Making your own salsa is so easy! A few fresh ingredients and you've got a giant bowl of spicy goodness to share with all your friends.

3- 6	ripe Roma tomatoes
1 small	sweet onion
½ cup	cilantro, chopped.
1 or 2	jalapeño peppers, minced
1 or 2	cloves garlic, minced.
3 Tbsp	fresh lime juice.
Dash	Cumin (optional)
	Sea salt to taste.

(All ingredients can be adjusted to your own taste.)



- Chop all the tomatoes into a medium dice and add to a large bowl.
- Dice the Onion into a finer dice, and add to the tomatoes.
- Dice the Jalapeno finely, removing the seeds and ribs inside to remove most of the heat.
- Add the chopped cilantro
- Finely minced the garlic and add to the bowl.
- Add the lime juice and sea salt to taste.
- Mix well and it's ready to eat and enjoy with your favorite Margaritas!

### **Maggie's Notes**

- *If you don't care for cilantro, just leave it out or use parsley. You can a dash of Cumin if you like it.*
- *Remove the seeds from the jalapenos to turn down the heat.*
- *If your tomatoes have a LOT of liquid, you can drain some of it off before adding all the other ingredients. But save this tomato water and use it to make a salad dressing or add it to a Bloody Mary!*
- *Leftover Salsa? Top some sautéed chicken to simmer for a moment and serve over rice.*

**Ocean Pines Farmers Market - at White Horse Park - 239 Ocean Parkway, Ocean Pines, MD 21811**  
**Saturdays 8am to 1pm - Year-round**