

## Blueberry Jalapeno Salsa

(Makes 8 servings)

### **Ingredients:**

- 2 medium tomatoes
- 1 cup fresh or frozen wild blueberries
- $\frac{3}{4}$  cup chopped sweet onion
- 2 cloves garlic, finely minced
- 2 tablespoons rice-wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 jalapeno pepper, finely chopped
- $\frac{1}{2}$  Hungarian hot pepper, finely chopped
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped Italian flat leaf parsley
- Salt and pepper to taste



### **Preparation:**

1. Cut tomatoes in half and remove seeds. Chop tomatoes.
2. Put all ingredients in and toss until evenly distributed.
3. Chill in refrigerator overnight.

### **Nutritional Analysis:** (per serving)

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|---------------------|--------------------------|
| ▪ Calories: 60      | ▪ Fiber: 1g              |
| ▪ Total fat: 3.5g   | ▪ Protein: 1g            |
| ▪ Saturated fat: 0g | ▪ Total Carbohydrate: 7g |
| ▪ Trans fat: 0g     | ▪ Cholesterol: 0 mg      |
| ▪ Sugars 4g         |                          |
| ▪ Sodium: 45 mg     |                          |

### **Source:**

*Digestive Disease Health Team Dietitians for Health Essentials*