

Cooking for Wellness

Sponsored by:





Maine Blueberry Salsa

Serves 8

Ingredients

2 medium heirloom tomatoes

1 cup wild blueberries (fresh or frozen)

3/4 cup chopped sweet onion

2 garlic cloves minced

2 tbls. Rice vinegar

2 medium heirloom tomatoes

2 tbl. olive oil

1 jalapeno pepper, finely chopped

1/2 Hungarian hot pepper, finely chopped

2 tbl. Chopped fresh cilantro

2 tbl. Chopped flat leaf Italian parsley

salt and pepper



Instructions

- 1. Chop sweet onion
- 2. Mince garlic
- 3. Chop Jalapenos
- 4. Chop Hungarian hot peppers
- 5. Chop fresh cilantro
- 6. Chop Italian parsley
- 7. Bring a pot of water to a boil.
- 8. Score the skin of the tomatoes by slicing an X into the skin on the bottom.
- 9. Immerse the tomatoes in boiling water for about 15 seconds.
- 10. Remove and place into a bowl of cold water.
- 11. The skins should slip off easily.
- 12. Peel the tomatoes, cut in half and remove the seeds.
- 13. Chop the tomatoes and discard the seeds.
- 14. In a medium bowl, combine the tomatoes, blueberries, onion, garlic, jalapeno pepper, Hungarian pepper, cilantro and parsley.
- 15. Pour in the rice vinegar and olive oil and stir gently to mix.
- 16. Season with salt and pepper.
- 17. Cover and store in the refrigerator overnight to allow the flavors to blend.
- 18. You may wish to drain the salsa slightly before serving, depending on how juicy your tomatoes are.

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