

SUMMER SALSA

Serving Size: 1/4 cup



Ingredients

- 3 tablespoons red onion, finely chopped (washed first)
- 3 tablespoons fresh lime juice
- 3 medium-sized tomatoes, washed & finely chopped
- 3 scallions, washed & thinly sliced
- ¼ bunch fresh cilantro, washed & chopped
- 2 tablespoons toasted pumpkin seeds, chopped
- 2 tablespoons olive oil
- Sea salt & pepper to taste



Nutrition Facts	
8 servings per container	
Serving size	1/4 cup (99g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 4g	2%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 240mg	6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tomatoes, Fresh Lime juice, Scallions, Extra Virgin Olive Oil, Red Onions, Roasted Pumpkin Seeds, Cilantro, Sea Salt, Ground Black Pepper

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Preparation



- Place red onion in a small bowl. Add lime juice, stir to combine, and let sit for 15 minutes. This step is called macerating, or softening, to allow the onion to soak in the acid from the lime juice and thereby temper its harshness.
- While onion and lime juice macerate, in a medium-sized bowl, combine the tomatoes, scallions, cilantro, pumpkin seeds, olive oil, salt, and pepper. Stir.
- Add in the macerated onions, stir, and enjoy!
- Note: This salsa can be kept covered in the fridge safely for 3-4 days.

SALSA DE VERANO



Tamaño de la porción: 1/4 taza

Ingredientes

- 3 cucharadas de cebolla roja, finamente picada (lavada primero)
- 3 cucharadas de jugo de limón fresco
- 3 tomates medianos, lavados y finamente picados
- 3 cebolletas, lavadas y cortadas en rodajas finas
- 1/4 manojo de cilantro fresco, lavado y picado
- 2 cucharadas de semillas de calabaza tostadas, picadas
- 2 cucharadas de aceite de oliva
- Sal marina y pimienta al gusto



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Preparación



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- Coloque la cebolla roja en un tazón pequeño. Agregue el jugo de limón, revuelva para combinar y deje reposar durante 15 minutos. Este paso se llama maceración, o ablandamiento, para permitir que la cebolla absorba el ácido del jugo de limón y, por lo tanto, modere su dureza.
- Mientras la cebolla y el jugo de limón maceran, en un tazón mediano, combinan los tomates, las cebolletas, el cilantro, las semillas de calabaza, el aceite de oliva, la sal y la pimienta. Remover.
- Agregue las cebollas maceradas, revuelva y disfrute.
- Nota: Esta salsa se puede mantener cubierta en la nevera de forma segura durante 3-4 días.

SALSA DE VERÃO

Tamanho de la porción: 1/4 xícara



Ingredientes

- 3 colheres de sopa de cebola roxa, finamente picada (lavada primeiro)
- 3 colheres de sopa de suco de limão fresco
- 3 tomates médios, lavados e picados finamente
- 3 cebolinhas, lavadas e finamente cortadas em rodela
- 1/4 cacho de coentro fresco, lavado e picado
- 2 colheres de sopa de sementes de abóbora torradas, picadas
- 2 colheres de sopa de azeite
- Sal marinho e pimenta a gosto



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Preparação



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- Coloque a cebola roxa em uma tigela pequena. Adicione o suco de limão, mexa para combinar e deixe descansar por 15 minutos. Essa etapa é chamada de maceração, ou amolecimento, para permitir que a cebola mergulhe no ácido do suco de limão e, assim, tempere sua aspereza.
- Enquanto a cebola e o suco de limão maceram, em uma tigela de tamanho médio, misture os tomates, cebolinha, coentro, sementes de abóbora, azeite, sal e pimenta. Mexer.
- Adicione as cebolas maceradas, mexa e aproveite!
- Nota: Esta salsa pode ser mantida coberta na geladeira com segurança por 3-4 dias.