

## Apple Pear Salsa

10 Servings

### Ingredients:

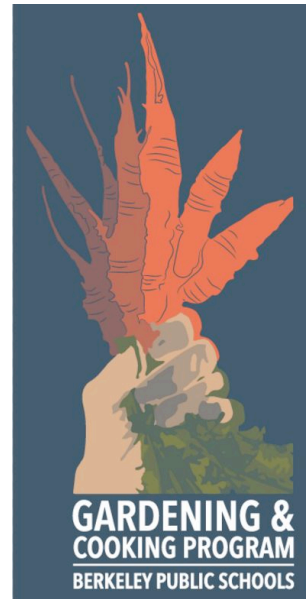
4 apples, cored and diced small  
4 pears, cored and diced small  
6-8 tomatoes, diced small  
2 bell peppers, diced small  
1 cucumber, diced small  
1 jalapeno pepper, removed seeds and mince  
8 mint leaves, cut into very thin strips  
A little cilantro, minced  
Juice from 2 lemons  
1 ½ teaspoon salt

### Directions:

Mix all ingredients in a medium size bowl, taste and add more salt if needed.

### Nutrition Information per Serving:

Calories: 90, Carbohydrates: 23g, Protein: 1g, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0g, Sodium: 240mg, Dietary Fiber: 5g



## Tomato Cucumber Gazpacho

10 Servings

### Ingredients:

3 pounds (about 6 large) ripe, juicy tomatoes, quartered  
1 large cucumber, cut into large chunks  
1 medium onion, peeled and sliced  
1 green pepper, seeds removed and sliced  
1 fresh jalapeño, seeds removed and sliced  
3 cloves garlic, peeled  
1/3 cup packed fresh parsley and basil mix  
1/3 cup red wine vinegar  
1/4 cup mild extra virgin olive oil  
2 teaspoons salt  
Fresh ground pepper

### Directions:

1. Blend tomatoes and garlic in a blender.
2. Add the cucumber, onion, green pepper and jalapeño along with herbs, vinegar, olive oil, and salt. Blend until the vegetables are chopped but not totally puréed. Add pepper to taste.

### Nutrition Information per Serving:

Calories: 85, Carbohydrate: 8g, Protein: 2g, Total Fat: 6g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 474mg, Dietary Fiber: 2g