



Makes 3 cups
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

- 1 large tomato, quartered
- ¼ of a medium onion, cut into large pieces
- ¼ cup fresh cilantro leaves
- ½ of a fresh jalapeño chile, seeded if desired (see tip in recipe intro)
- 1 large clove garlic
- 1½ cups fresh blueberries
- 2 tablespoons lemon juice
- Sea salt, to taste

Blueberry Salsa

Blueberries pair surprisingly well with classic salsa elements such as tomato and jalapeño. Serve this fruity salsa with baked whole wheat or corn tortilla chips, your favorite whole grain crackers, or celery sticks. Tip: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

By Darshana Thacker Wendel

- 1** In a food processor place the first five ingredients (through garlic). Cover and pulse until chunky. Add blueberries and lemon juice. Cover and pulse to a chunky salsa texture. Season with salt. Transfer to a bowl. Cover and chill until ready to serve.