



Veggie Chips

with Simple Salsa

Makes 8 servings ~ \$7.84 (\$.98 per serving)

This delicious recipe highlights fresh, local and seasonal ingredients, on a budget. It also illustrates that salsa can be enjoyed with healthy dippers (in place of fried corn chips). We recommend that salsa ingredients be crushed instead of puréed because crushing enhances the flavor of the saucy part of the salsa, creating a more complex taste.

Ingredients

Simple Salsa (approx. 1 3/4 cups)

- 1/4 cup diced red onion
- 3 Roma tomatoes, diced
- 1 jalapeno pepper, stem and seeds removed, minced
- 1 clove garlic, peeled and minced
- 1/2 cup canned, rinsed, organic black beans
- 1/8 tsp. coarse salt
- 1/4 tsp. ground cumin
- 2 Tbsp. fresh cilantro, finely chopped
- Juice of one lime

Additional Possibilities: 1/2 cup corn; 1/2 cup cooked, rinsed black beans; 1 minced chipotle in adobo sauce.

Veggie Chips

- 4 medium zucchini, washed & sliced into thin rounds
- 1 bunch of radishes, washed and sliced into medium-thin pieces

Directions

1. Place all the ingredients in a bowl; crush the ingredients until the tomatoes are mostly pulped (a potato masher works fine; a Mexican molcajete works wonders). Give everything a quick stir to make sure all the ingredients are evenly distributed.
2. Let the salsa sit for at least 10 minutes for the flavors to meld. Taste and adjust flavoring if needed.
3. Put salsa in a serving bowl, surround with the "chips" and enjoy!

Recipe is adapted from "Mali Chips" in Dr. Neal Barnard's 21-Day Weight Loss Kickstart book.

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