



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Start the New Year...with Salsa!

Fresh salsa can be used in a variety of ways. Go beyond just snacking with chips.

Top a simple cooked piece of chicken or fish with salsa. It provides a **TON OF FLAVOR!**

Grab some fresh ingredients and start creating a new favorite. There are no hard-set rules for salsa making. Just begin with a traditional base of tomatoes or tomatillos, or a more creative one of pineapple, sweet potato, mango, carrot or whatever you have on hand.

Next, you'll need something for some heat, such as fresh or dried peppers.

Charring or roasting peppers brings out a smoky flavor. Then add traditional ingredients such as onion, garlic, salt and pepper. While cilantro is a standard addition, you can veer off to try mint, basil, oregano or other herbs. You may want to add a bit of oil into your salsa, too.

Texture is chef's choice; for a smooth salsa, prepare in a blender,

but if you prefer chunky salsa, hand-chop the ingredients. For a compromise, blend only half the ingredients. You can leave the ingredients raw for a bright, fresh flavor, or cook for a deeper, sweeter taste.

While assembling your salsa, think about balancing the colors and the textures, as well as the flavors such as sweet, spicy, salty, sour and savory. Use a splash of lemon and/or lime, a drizzle of honey, a handful of roasted corn kernels, or shredded radish or cabbage.

Find a variety of recipes featuring salsa at [InSeasonzine.com](http://InSeasonzine.com).

## Pomegranate, Mango & Black Bean Salsa

### Ingredients:

- 1 can (15 ounces) reduced sodium black beans, drained and rinsed
- 1 jalapeño pepper, seeded and finely chopped
- 1/2 mango, peeled, pitted and finely chopped
- 3/4 cup pomegranate arils
- 1/4 cup coarsely chopped fresh cilantro
- 1/4 cup finely chopped red onion
- 2 Tbsps. fresh lime juice
- 1/2 tsp. salt

### Directions:

In large bowl, toss all ingredients together. Makes about 4 cups.

