

MANUAL FOOD PROCESSOR RECIPES

Mango Salsa

1 ripe Mango- peeled, pitted, and diced
1 cup halved red and green seedless grapes
2 TBS minced red onion
1 TBS fresh cilantro
1 jalapeno pepper- seeded and diced
Lime

I would probably add in this order:
Cilantro, jalapeno, onion, grapes and mango

Hummus

1 can chick peas - drained
2 cloves garlic
10 greek olives
1 tbs olive oil
Salt

White Bean Dip With Pita Chips

Ingredients

1 (15-ounce) can cannellini beans, drained and rinsed
2 cloves garlic
2 tablespoons fresh lemon juice
1/3 cup olive oil, plus 4 tablespoons
1/4 cup (loosely packed) fresh Italian parsley leaves
Salt
Freshly ground black pepper

Corn Salsa Recipe

Corn salsa with purple onion, red bell pepper, jalapeno peppers, cilantro and lime juice.

Ingredients:

2 cups frozen corn kernels, thawed
1/3 cup chopped purple onion
1/4 cup chopped red bell pepper
3 tablespoons chopped fresh cilantro
2 tablespoons fresh lime juice
1 to 2 tablespoons finely chopped jalapeno pepper
1/2 teaspoon salt

Preparation:

Combine all ingredients in a small bowl. Cover and refrigerate for 2 to 4 hours. Remove from refrigerator about 30 minutes before serving. Serve corn salsa with grilled meat or poultry. Makes about 3 cups corn salsa.

Tomato Corn Salsa

Ingredients

1 1/2 cups fresh ripe tomatoes, diced - 2 medium
28 oz. can of diced tomatoes, drained can be substituted
3/4 cup corn kernels, cooked
1/4 cup red onion, minced (sweet onion can be substituted)
1/4 cup fresh cilantro, chopped
1 clove garlic, crushed
1 teaspoon olive oil
1 tablespoon balsamic vinegar

Serving Size: 3 ounces

Servings: 6

In small bowl, combine the garlic, olive oil, balsamic vinegar, corn kernels, tomatoes, onion, and cilantro.

This recipe makes approximately 2 1/2 cups of salsa.

Note: For a milder onion flavor, a sweet onion can be substituted for the red onion.

Note: Canned tomatoes can be substituted for fresh tomatoes. A 28-ounce can of tomatoes provides about 1 1/2 cups of tomatoes, drained. If canned tomatoes are used, drain the juice and mix the tomatoes with the other ingredients. If a spicier flavor is desired, add a can of seasoned diced tomatoes to the salsa ingredients rather than using regular canned tomatoes.

Heather's Corn and Bean Salsa

"This lively summer recipe can be served with tortilla chips as an appetizer, or with chicken or fish as a fresh and flavorful side dish. Made with corn, black beans, tomato, onion, pepper, and avocado, this salsa has the most amazing balance of textures in a great presentation."

INGREDIENTS:

1 (15 ounce) can yellow corn, drained
1 (15 ounce) can white corn, drained
2 (15 ounce) cans black beans, drained
and rinsed
1 (14.5 ounce) can Italian-style diced
tomatoes, drained
1 bunch finely chopped cilantro 5 green onions, finely sliced
1 small red onion, finely chopped
1 red bell pepper, seeded and chopped
1 tablespoon minced garlic
1/4 cup lime juice
1 avocado - peeled, pitted, and diced
2 tablespoons olive oil, or to taste

Stir the yellow and white corn, black beans, tomatoes, cilantro, green onion, red onion, bell pepper, and garlic in a large bowl. Gently mix in the lime juice and avocado. Drizzle with olive oil to serve.

Roasted Red Pepper Dip

Ingredients:

Two red bell peppers
1 teaspoon paprika
1/4 teaspoon cayenne pepper
1 teaspoon salt (or to taste)
1 tablespoon fresh lemon juice
1/4 cup fresh basil leaves
1 cup reduced fat sour cream
1 tablespoon mayonnaise

Directions:

Preheat oven to 400-degrees. Wash the peppers. Place on oven rack in the preheated oven. Roast, turning occasionally, for 12 to 15 minutes or until skin is charred. Remove to a plastic bag and seal. Set aside until peppers are cool. Remove and peel. Cut open and remove stem, seeds and veins. Place the roasted and prepared peppers in the food processor. Add the paprika, cayenne pepper, salt, lemon juice and basil. Process until mixture is pureed. Remove to a bowl. Fold in the sour cream and mayonnaise. Recipe makes about 2-cups.

White Bean Roasted Red Pepper Dip

Tired of dips that were nothing but cream and egregious amounts of dairy fat, and bored by all of the white bean dips out there that were nothing but bean-swapped hummus, this has got to be one of the first recipes I ever created. Low-fat and or fat-free cream cheese work equally well in here, as does goat cheese or mascarpone. A sprinkle of chives makes it even prettier, but it will disappear quickly, with or without them.

1 15-ounce can of white cannellini or navy beans
1 small jar roasted red peppers, or about 1 cup, drained
3 ounces cream cheese, softened
1 clove garlic, minced
Juice from half a lemon
Salt and pepper to taste

Puree everything in a food processor until smooth. Bachelors, your margarita blender will work, too.

APPLE BERRY SALSA WITH CINNAMON CHIPS

Cinnamon Chips:

4 7-inch flour tortillas
1 tablespoon granulated sugar
 $\frac{1}{2}$ teaspoon ground cinnamon

Salsa:

2 medium Granny Smith apples
1 cup strawberries
1 kiwi
1 small orange
2 tablespoons packed brown sugar
2 tablespoons apple jelly

Heat the oven to 400°F. For the *Cinnamon Chips*, lightly spray the tortillas with water using the *Kitchen Spritzer*. Combine the sugar and cinnamon in the *Flour/Sugar Shaker* and sprinkle over the tortillas. Using the *Pizza Cutter*, cut each tortilla into eight wedges and place in a single layer on the *Large Round Stone*. Bake 8-10 minutes or until lightly browned and crisp. Remove to the *Nonstick Cooling Rack* to cool completely. For the salsa, peel the apples using the *Serrated Peeler*. Wedge the apple using the *Apple Wedger*. Cut the apples pieces in half and chop with the *Manual Food Processor*. Add the strawberries and kiwi to the *Food Processor* and pump the handle until chopped. Zest the orange using the *Microplane® Zester*. Juice the orange using the *Citrus Press*. Add the orange zest, orange juice, brown sugar and apple jelly to the fruit mixture. Mix gently using the *Classic Scraper*. Serve with the *Cinnamon Chips*.

Makes 16 servings with 70 calories and 1 grams of fat per serving.

BLACK BEAN SALSA

2 medium tomatoes, seeded
 $\frac{1}{4}$ cup green onions with tops
2 tablespoons fresh cilantro, snipped
1 garlic clove, pressed
2 tablespoons lime juice
1 15oz can black beans, rinsed and drained
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon ground black pepper

Cut the tomatoes into wedges using the *Veggie Wedger*. Cut the tomato pieces in half. Cut the green onions into 1-inch pieces using the *Santoku Knife*. Combine the tomatoes, green onions and cilantro in the *Manual Food Processor* and chop. Press the garlic into the tomatoes using the *Garlic Press*. Add the lime juice to the mixture. Transfer the salsa into the *Small Batter Bowl*. Add the beans, salt and pepper and mix gently. Cover and refrigerate 1-2 hours to blend the flavors. Serve warm with *Toasted Cornbread Slices*.

Makes 24 servings with 62 calories and 2 grams of fat per serving.

BLACK BEAN, CORN & HOMINY SALSA

$\frac{1}{2}$ cup canned black beans, drained and rinsed
 $\frac{1}{2}$ cup thawed, frozen whole kernel corn
 $\frac{1}{2}$ cup canned hominy, drained
 $\frac{1}{2}$ cup diced red bell pepper
1 jalapeño pepper, seeded and chopped
2 tablespoons finely chopped red onion
2 tablespoons snipped fresh cilantro
1 lime
2 teaspoons olive oil
 $\frac{1}{4}$ teaspoon salt
Lime Tortilla Chips (see recipe)

Drain the hominy in the *Small Colander*. Place in the *Classic Batter Bowl*. Drain the black beans in the same *Colander*, this time rinsing before placing in the *Batter Bowl*. Add the corn to the *Batter Bowl*. Using the *Chef's Knife*, cut the bell pepper into large pieces. Slice off the stem of the jalapeño using the *Utility Knife*. Remove the seeds using the *Cook's Corer*®. Finely chop the pepper, jalapeño, onion and cilantro using the *Manual Food Processor*. Add the bell pepper, jalapeño pepper, onion and cilantro to the *Batter Bowl*. Zest the entire lime using the *Microplane*® *Zester*. Juice the lime using the *Citrus Press* to measure 2 teaspoons juice. Add the lime zest, juice, oil and salt to the *Batter Bowl*. Mix gently using the *Small Mix 'N Scrapper*®. Spoon the salsa into a *Simple Additions*® *Small Bowl*. Serve with *Lime Tortilla Chips*.

Makes 2 cups with 45 calories and 2 grams of fat per serving.

CALYPSO PEACH SALSA

1½ cups coarsely chopped, peeled fresh peaches
1 cup coarsely chopped honeydew melon
1 medium jalapeño pepper, seeded and finely chopped
1 cup coarsely chopped fresh pineapple
½ cup chopped red bell pepper
2 tablespoons snipped fresh cilantro
1 lime
2 teaspoons sugar
¼ teaspoon salt
Plantain Chips

Chop the peaches, melon, jalapeño pepper, pineapple and bell pepper using the *Manual Food Processor*. Juice the lime using the *Citrus Press* to measure 2 tablespoons lime juice and add to the salsa. Mix gently. Spoon into a chilled *Simple Additions® Small Square Bowl*. Serve with Plantain Chips or tortilla chips.

Makes 12 servings with 30 calories and 0 grams of fat per serving.

CHUNKY ARTICHOKE SALSA

1 6oz jar marinated artichoke hearts
¼ cup pitted ripe olives
2 tablespoons red onion
3 medium plum tomatoes
1 garlic clove
2 tablespoons fresh basil leaves
salt and ground black pepper
lettuce leaves
Baked Pita Chips (see recipe)

Drain the marinade from the artichokes in the *Classic Batter Bowl*. Using the *Manual Food Processor*, chop the artichokes, olives, and red onion. Add the tomatoes, garlic and basil and chop. Using the *Kitchen Scraper*, place the vegetables in the *Batter Bowl*. Season with salt and pepper. To serve, spoon the salsa into a *Simple Additions® Small Square Bowl* lined with lettuce leaves and place in the center of a serving plate. Surround with *Baked Pita Chips*.

Makes 16 servings with approximately 15 calories and 1 grams of fat per serving.

CUCUMBER-MANGO SALSA

Chips:

- 8 6-inch flour tortillas
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon cayenne pepper

Salsa:

- 1 jalapeño pepper, stemmed
- 1 1-inch piece fresh gingerroot, peeled
- $\frac{1}{2}$ cup chopped fresh cilantro
- 2 cucumbers
- 2 mangos, peeled
- 1 cup pomegranate seeds

For the tortilla chips, heat the oven to 400°F. Cut each tortilla into 8 wedges using the *Pizza Cutter*. Lightly sprinkle with water. Combine the sugar and cayenne pepper into a large resealable bag. Add the tortilla wedges and shake to coat. Arrange half of the tortilla wedges in a single layer on the *Large Round Stone*. Bake 8-10 minutes or until the edges are lightly browned. Remove from the Stone and repeat with the remaining tortilla wedges. For the salsa, chop the jalapeño pepper, gingerroot, and cilantro using the *Manual Food Processor*. Place in the *Classic Batter Bowl*. Peel the cucumbers using the *Utility Knife* and slice in half lengthwise. Remove the seeds from the cucumber halves using the *Easy Adjustable Measuring Spoon*. Cut the cucumber halves lengthwise into $\frac{1}{4}$ -inch strips. Chop using the *Manual Food Processor*. Add the mango and chop. Transfer the cucumbers, mangos and pomegranate seeds to the *Batter Bowl*. Stir gently using the *Small Mix 'N Scraper*®. Serve with the tortilla chips.

Makes 16 servings with 70 calories and 1 gram of fat per serving.

Chef's Note: This salsa can be prepared in advance. Combine all of the ingredients except the pomegranate seeds. Cover and refrigerate no more than 24 hours. Add the pomegranate seeds just before serving.

HARVEST APPLE SALSA

- 2 medium Granny Smith apples, chopped
- 1 medium pear, chopped
- $\frac{1}{2}$ cup chopped seedless red grapes
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{4}$ cup chopped walnuts
- 1 tablespoon packed brown sugar
- 3 tablespoons orange juice
- 2 teaspoons grated orange zest

Peel the apples using the *Serrated Peeler*, then wedge using the *Apple Wedger*. Cut the apple wedges in half. Chop the apples, pear, grapes, celery and walnuts using the *Manual Food Processor*. Zest the orange using the *Microplane® Zester* to measure 2 teaspoons. Juice the orange to yield 3 tablespoons using the *Citrus Press*. In the *Classic Batter Bowl*, combine the apples, pear, grapes, celery, walnuts, brown sugar, orange juice and orange zest. Mix to combine. Serve with *Cinnamon Chips*.

Makes 8 servings.

KILLER SALSA

6 roma tomatoes, seeded and chopped
1 medium onion, chopped
 $\frac{1}{2}$ cup chopped cilantro
3 tablespoons jalapeño peppers, finely chopped
2 tablespoons fresh lime juice
1 teaspoon red pepper flakes
2 garlic cloves, pressed
salt and pepper

Seed the tomatoes using the *Cook's Corer®*, then cut into chunks. Chop the tomatoes and onion using the *Manual Food Processor*. Add the cilantro, jalapeño pepper and garlic and chop. In the *Small Batter Bowl*, build a mound with the chopped vegetables. Top with the red pepper flakes and season with salt and pepper. Pour the lime juice around the mound. Let sit, undisturbed for 30 minutes at room temperature. To serve, stir and serve with tortilla chips.

PAPAYA SALSA

2 cups papaya
 $\frac{1}{2}$ cup red bell pepper
 $\frac{1}{4}$ cup red onion
1 jalapeño pepper
 $\frac{1}{2}$ teaspoon crushed red pepper
2 tablespoons fresh cilantro
1 lime

Using the *Manual Food Processor*, coarsely chop the papaya, red bell pepper, red onion, jalapeño and cilantro. Juice the lime using the *Citrus Press* over the salsa.

ROASTED TOMATO SALSA

12 plum tomatoes
1 tablespoon olive oil
 $\frac{1}{4}$ cup water
 $1\frac{1}{2}$ teaspoons toasted chili oil
1 teaspoon salt
2 garlic cloves

Heat the oven to 450°F. Line the *Large Bar Pan* with *Parchment Paper*. Cut the tomatoes in half and remove the seeds using the *Cook's Corer*®. Place tomatoes on the *Bar Pan* and drizzle with the olive oil, tossing gently to coat. Arrange the tomatoes, cut sides up, in the *Pan*. Bake 45 minutes or until the tomatoes are slightly shriveled. Cool. Place the tomatoes, water, oil, salt and garlic cloves into the *Manual Food Processor*. Chop until smooth.

Makes 4 servings with 120 calories and 10 grams of fat per serving.

SALSA OLE

3 medium tomatoes, finely chopped
3 green onions, finely chopped
1 8oz can pitted ripe olives, drained and chopped
1 small jalapeno pepper, seeded and chopped
1 4oz can chopped green chilies, undrained
3 tablespoons olive oil
2 tablespoons red wine vinegar
 $\frac{1}{4}$ teaspoon garlic salt

Chop the tomatoes, green onions, olives, jalapeno pepper, chilies, olive oil, vinegar and salt using the *Manual Food Processor*. Transfer to the *Classic Batter Bowl*. Cover and chill 2-3 hours for the flavors to blend. Serve with corn or tortilla chips.

Makes 8 servings.

SALSA PICANTE WITH PEACHES

Tortilla Chips:

- 6 7-inch flour tortillas
- 1 tablespoon spicy fruit seasoning mix

Salsa:

- 1 15oz can peach halves, well-drained and coarsely chopped
- 1 jalapeño pepper, seeded and finely chopped
- $\frac{1}{2}$ cup red bell pepper, finely chopped
- 1 teaspoon lime zest
- 2 teaspoons lime juice
- 1 $\frac{1}{2}$ -inch piece peeled fresh gingerroot, pressed
- $\frac{1}{4}$ cup fresh cilantro, finely chopped

Heat the oven to 400°F. Lightly spray the tortillas with water. Sprinkle the fruit seasoning evenly over the tortillas. Cut each tortilla into 8 wedges using the *Pizza Cutter*. Place the tortillas in a single layer on the *Large Round Stone*. Bake 8-10 minutes or until lightly browned and crisp. Cool the tortillas completely on the *Stackable Cooling Rack*. Repeat with any remaining tortilla wedges. Blot the drained peach halves gently using a paper towel. Finely chop the peach, seeded jalapeño, red pepper and garlic using the *Manual Food Processor*. Transfer to the *Classic Batter Bowl*. Cover and refrigerate until ready to serve. Place the salsa in the *Simple Additions® Small Bowl*. Place the *Small Bowl* on a *Simple Additions® Medium Square* and surround with the baked tortilla chips and serve.

Makes 16 servings with 45 calories and 1 gram of fat per serving.

SOFRITO

- 1 medium green bell pepper, seeded and finely chopped
- 1 small red onion, finely chopped
- 1 cup fresh cilantro, finely chopped
- 1 lime
- 6 garlic cloves, pressed
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon red pepper flakes
- $\frac{1}{2}$ teaspoon freshly ground black pepper

Finely chop the bell pepper, red onion, cilantro and garlic using the *Manual Food Processor*. Transfer to the *Small Batter Bowl*. Press the lime into the *Batter Bowl* using the *Citrus Press*. Add the olive oil, vinegar, salt, red pepper flakes, and ground black pepper. Mix well using the *Small Mix 'N Scraper®*. Cover and refrigerate until ready to use.

Makes 1 $\frac{1}{2}$ cups salsa with 30 calories and 3 grams of fat per serving.

TROPICAL FRUIT SALSA

1 8oz can crushed pineapple in juice
1 banana
 $\frac{1}{2}$ cup kiwi, peeled
 $\frac{1}{4}$ cup red bell pepper
1 small jalapeño pepper
2 green onions
2 tablespoons fresh cilantro
1 tablespoon fresh lime juice

Place the pineapple with juice in the *Small Batter Bowl*. Slice the banana and kiwi using the *Egg Slicer Plus®* and cut into quarters using the *Paring Knife*. Seed the jalapeño pepper using the *Grapefruit Knife*. Chop the red pepper, jalapeño pepper, green onions and cilantro using the *Manual Food Processor*. Add to the pineapple in the *Batter Bowl* and mix gently. Serve with *Baked Pita Chips*.

Makes 8 servings with 47 calories and 0 grams of fat per serving.

TROPICAL SALSA

$\frac{1}{2}$ cup ripe mango
 $\frac{1}{2}$ cup ripe papaya
 $\frac{1}{4}$ cup ripe pineapple
 $\frac{1}{2}$ cup ripe banana
1 tablespoon lime juice
2 tablespoons orange juice
2 fresh mint leaves
pulp of 2 passion fruits with seeds

Coarsely chop the mango, papaya, pineapple and banana using the *Manual Food Processor*. Place in the *Classic Batter Bowl*. Add the lime and orange juices. Scrape out the pulp from the passion fruit with the *Small Scoop* and add to the *Batter Bowl*. Snip the mint with the *Kitchen Shears*. Add to the *Batter Bowl* and mix gently with the *Classic Scraper*. This salsa will keep one day in the refrigerator, but is best served at room temperature. Serve in a *Simple Additions™ Small Bowl*.

Makes 2 cups.

WATERMELON & PEACH SALSA WITH CAYENNE CHIPS

Chips:

1 lime
 $\frac{1}{4}$ teaspoon cayenne pepper
 $\frac{1}{4}$ teaspoon salt
8 6-inch flour tortillas

Salsa:

1 jalapeño pepper
 $\frac{1}{4}$ cup chopped fresh cilantro
2 cups cubed watermelon
2 small peaches
1 lime
 $\frac{1}{4}$ teaspoon salt

For the chips, heat the oven to 400°F. Juice the lime into a *Pinch Bowl* using the *Citrus Press*. Combine the cayenne pepper and salt in another *Pinch Bowl*. Brush one side of each tortilla with lime juice. Sprinkle lightly with the cayenne mixture. Cut each tortilla into 8 wedges using the *Pizza Cutter*. Arrange half of the tortilla wedges in a single layer on the *Large Round Stone with Handles*. Bake 8-10 minutes or until the edges are lightly browned and crisp. Remove from the *Stone* to the *Stackable Cooling Rack*. Repeat with the remaining tortilla wedges. For the salsa, cut the jalapeño pepper in half lengthwise using the *Petite Paring Knife*. Remove and discard the seeds using the *Core & More*. Chop the jalapeño and cilantro using the *Manual Food Processor*. Place into the *Classic Batter Bowl*. Cut the watermelon into thin slices using the *Chef's Knife*. Dice the slices in the *Food Processor*. Remove and discard the pits from the peaches and slice into thin wedges. Dice the wedges. Juice the lime into the *Batter Bowl* using the *Citrus Press*. Add the watermelon, peaches and salt. Stir gently using the *Small Mix 'N Scraper*®. Serve with the cayenne chips.

Makes 16 servings with 60 calories and 1 gram of fat per serving.

ZESTY PEACH SALSA WITH SPICY TORTILLA CHIPS

Tortilla Chips:

6 7-inch flour tortillas
1 tablespoon spicy fruit seasoning mix

Salsa:

1 15oz can peach halves, drained and coarsely chopped
1 jalapeño pepper, seeded and finely chopped
 $\frac{1}{2}$ cup red pepper, finely chopped
1 lime
1 $\frac{1}{2}$ -inch piece fresh gingerroot, pressed
 $\frac{1}{4}$ cup fresh cilantro, finely chopped

Heat the oven to 400°F. Lightly spray the tortillas with water using the *Kitchen Spritzer*. Sprinkle the fruit seasoning evenly over the tortillas using the *Flour/Sugar Shaker*. Cut each tortilla into 8 wedges using the *Pizza Cutter*. Place the tortillas in a single layer on the *Rectangle Stone*. Bake 8-10 minutes or until lightly browned and crisp. Transfer to the *Stackable Cooling Rack* to cool completely. Repeat with any remaining tortilla wedges. Meanwhile, drain the peach halves using the *Small Colander*. Blot the peach halves gently using paper towels. Finely chop the peach, seeded jalapeño, bell pepper and garlic using the *Manual Food Processor*. Zest the whole lime using the *Microplane® Zester*. Juice the lime with the *Citrus Press* to measure 2 teaspoons. Mix well using the *Classic Scraper*. Cover and refrigerate until ready to serve. Place the salsa in the *Simple Additions™ Small Bowl*. Place the *Small Bowl* on the *Medium Square* and surround with the tortilla chips.

Makes 8 servings with 45 calories and 2 grams of fat per serving.

ZESTY TROPICAL FRUIT SALSA

1 mango, peeled and cut into $\frac{1}{4}$ -inch cubes
 $\frac{1}{2}$ cup diced red bell pepper
2 kiwi, peeled and diced
 $\frac{1}{4}$ cup sliced green onions with tops
2 tablespoons snipped fresh cilantro
1 lime
1 small jalapeño pepper, seeded and chopped
1 8oz can crushed pineapple in juice, undrained

Cut the mango, bell pepper and green onion into large chunks using the *Utility Knife*. Zest the lime to measure 1 teaspoon zest using the *Microplane® Zester*. Juice the lime to measure 1 tablespoon juice using the *Citrus Press*. Chop the mango, bell pepper, green onion, cilantro and jalapeño using the *Manual Food Processor*. Transfer to the *Classic Batter Bowl*, cover with the *Lid* and refrigerate until ready to serve. Spoon over grilled or baked chicken or fish using the *Small Bamboo Spoons*.

Makes 12 servings with 30 calories and 0 grams of fat per serving

HAWAIIAN PINEAPPLE SALSA

2 cups fresh pineapple
2 tablespoons red bell pepper, chopped
2 tablespoons Serrano chili
4 teaspoons fresh cilantro
1 tablespoons unseasoned rice wine vinegar
pinch of sugar

Coarsely chop the pineapple, red bell pepper, chili and cilantro using the *Manual Food Processor*. Transfer to the *Small Batter Bowl*. Stir in the vinegar and sugar. Pour into a *Simple Additions™ Small Bowl* and serve. Makes 2 cups.

CUCUMBER SALSA

Salsa:

- 1 cup cucumber, chopped
- $\frac{1}{4}$ cup red bell pepper, chopped
- $\frac{1}{4}$ cup red onion, chopped
- 1 jalapeño pepper, seeded and finely chopped
- 1 garlic clove, pressed
- 3 tablespoons rice vinegar
- 2 tablespoons vegetable oil
- $\frac{1}{4}$ teaspoon sugar
- $\frac{1}{8}$ teaspoon salt

For the salsa, using the *Manual Food Processor*, chop the cucumber, bell pepper, onion, jalapeño pepper and garlic. Place the vegetables in the *Classic Batter Bowl*. Add the vinegar, oil, sugar, and salt, mixing well.

FRESH TOMATO SALSA

- 1 small onion
- 1 jalapeño pepper, stemmed
- $\frac{1}{2}$ cup loosely packed fresh cilantro
- 2 tablespoons fresh lemon juice
- 2 garlic cloves, peeled
- $\frac{1}{2}$ teaspoon salt
- 2 cups grape tomatoes, divided
- tortilla chips

Cut the onion into quarters. Cut the jalapeño pepper crosswise into thirds. Combine the onion, jalapeño, cilantro, lemon juice, garlic and salt in the *Manual Food Processor*. Pump the handle until coarsely chopped. Add half of the tomatoes and pump the handle until coarsely chopped, remove the lid and scraping down the sides of the bowl as necessary. Add the remaining tomatoes and pump the handle to chop to the desired consistency. Serve with the tortilla chips.

Makes 10 servings with 10 calories and 0 grams of fat per serving.

Peach Salsa

2 cups chopped, peeled fresh peaches

1/4 cup chopped sweet onion

3 Tablespoon lime juice

2 to 3 Tablespoon finely chopped, seeded fresh jalapeno pepper

1 clove garlic, minced

1 Tablespoon snipped fresh cilantro

1/2 tsp. sugar

In a medium mixing bowl stir together peaches, onion, lime juice, peppers, garlic, cilantro, and sugar. Cover and chill for 1 to 2 hours.

Makes 2 cups.