



Quick tasty salsa

This salsa recipe features sauerkraut which provides several strains of beneficial bacteria as well as enzymes and great vitamin C. This salsa will add zing to grilled meats, poultry, legumes, wraps, chips, salads and eggs.

Ingredients:

- 2 green onions chopped (or use 2-3 tablespoons of chopped regular onion)
- 1/2 cup of chopped sauerkraut
- 1/2 cup of chopped tomatoes (canned or very ripe)
- ¾ fresh or frozen mango chopped fairly small (could substitute with peaches, pineapple, strawberries...)
- 4-5 tablespoons of chopped fresh coriander
- 1-2 pinches of chili flakes (could substitute with jalapeño or other hot peppers)

Procedure:

If using frozen mango, take it out of the freezer. You'll need to take out about one cup as it will reduce to ¾ cups once chopped and softened.

Combine all ingredients, taste and adjust seasonings if necessary.

Allow this recipe to sit for at least half an hour so that the flavours blend.

Keeps in the fridge for several days