

Fresh Tomato Salsa

Serves 3

- 1 cup fresh tomato, diced and seeds taken out
- 2 tablespoons fresh basil or 1 teaspoon dried
- 1 teaspoon fresh mint, finely chopped or ¼ teaspoon dried mint
- 1 tablespoon chopped onion or sliced scallions
- 2 teaspoons olive or canola oil



1. Combine all ingredients in a bowl and gently mix.

2. Serve as a dip or use as a sauce, spooning salsa over baked or broiled fish or chicken.



Recipe from Cindy Hubbard, UMASS Extension

