



# Salsa!

Tuesday, August 24, 2010

## Salsa Fun Facts

- Most salsas are low in calories and contain little to no fat
- Salsa is the Spanish and Italian word for sauce
- The heat of salsa was originally used to make people living in warmer climates sweat, thus causing their body temperature to cool off
- Chiles and cilantro contain Vitamins A and C
- Tomatoes are packed with potassium
- In the year 2000, more households in America bought Salsa than bought ketchup
- Between 1985 and 1990, Mexican sauce sales grow 79%
- Pace (of Pace brand salsa) uses 35 million pounds of fresh tomatoes and 21 million pounds of fresh onions each year in their salsa production
- David Pace's Original Picante sauce recipe is locked in a vault at the Paris, Texas plant and is accessible by only the Manager of Quality
- If you eat something too spicy for your palate, eat dairy and it will cool off your mouth

### Sources:

[www.thenibble.com](http://www.thenibble.com)  
[www.inmamaskitchen.com](http://www.inmamaskitchen.com)  
<http://m80im.com/newsroom/2009/05/11/pace-salsa-fun-facts/>

## UPCOMING

### PROJECT FOODIE EVENTS:

#### **Apples to Apples Sept. 14 6pm**

Come experience one of fall's favorite foods! Apple tasting and creative apple recipes to be shared.

#### **Homemade Holiday Dec. 9 6pm**

The focus will be on presenting your homemade goods with style at this program. Cookie recipe exchange as well. Bring your favorites!

## Project Foodie Website Now Live!

[www.greenwoodlibrary.us/projectfoodie.asp](http://www.greenwoodlibrary.us/projectfoodie.asp)

Get information about upcoming programs, get recipes from past programs, and sign up for the free Project Foodie Monthly E-Newsletter

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As always – Let Kendra ([kmartin@greenwoodlibrary](mailto:kmartin@greenwoodlibrary)) know if you have an idea for an upcoming food related program at GPL or if you would like to partner with Kendra on an upcoming program!

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# Salsa History

Mexican food in general might have been derived from the Mayan Indians. Corn tortillas with bean paste was a food staple back then. When the Aztec Empire was thriving, chili peppers, honey, salt, and chocolate found its way into the Mayan diet. When Spain invaded Mexico in 1521, the Spanish culture greatly influenced the food of the Mexican people. Garlic, herbs, and other spices were introduced into local eating habits, thus bringing the salsa side dish into main stream.

We know much about this connection to the Aztec culture from Bernardino de Sahagun, a Franciscan missionary sent to Mexico in 1529 to document the Aztec culture. According to his notes, making sauce by combining chiles, tomatoes and other ingredients was a part of Aztec culture for many years. Salsa was even sold in Aztec market places.



## Making Salsa at Home

Making salsa at home can be a great way to add flavor and health benefits to your typical dinner. Fresh ingredients make your salsa extra special. Homemade salsa can be a great way to use up the season's bounty of fresh tomatoes present around Greenwood in late August. The Greenwood Farmers' Market sells most of the ingredients (tomatoes, peppers, onions) needed to make a great salsa. If you don't feel like making homemade salsa, but still want the fresh flavor – No Name Salsa here in Greenwood makes a terrific salsa. It is also available for purchase from the Greenwood Farmers Market.

Tips for making salsa at home:

- Finely dice your peppers
- Don't add all the peppers in at once, add them slowly as you taste so the heat is exactly the level you want it
- If roasting tomatoes or peppers for a specific recipe, grill them on high heat on your outdoor grill so you don't have to heat up the whole house with the oven
- Put blistered peppers into a paper bag or aluminum foil packet for 10 minutes to make peeling easier
- If you have to peel tomatoes: get a big pot of water boiling, then score the bottoms of your tomatoes with an x. Drop the tomatoes into the boiling water and remove a minute later with tongs into a bowl of icy cold water. The peels will come right off and you won't burn your hand!





## Grammie's Homemade Salsa

Shared by Zack

### Ingredients:

4 cans	diced tomatoes	1 can	green chilies (chopped)
3	green onions, chopped	2 tbsp.	olive oil or Crisco oil
1/2 cup	fresh cilantro	2 tbsp.	fresh lime or lemon juice
2 tbsp.	dried oregano	4 slices	white onion (chopped)
3 cloves	garlic		

### Directions:

Mix ingredients well and serve with tortilla chips. Enjoy! ☺

(NOTE: This salsa can be made chunky or finely chopped)



## Pico de Gallo (Rooster's Beak)

Shared by Monica Munoz

### Ingredients:

2 cups	chopped tomatoes (6-7 medium tomatoes)
	the leaves from one bunch of fresh cilantro, chopped*
6 cloves	fresh chopped garlic
1/2	onion, chopped
1-2	Jalapeno, finely chopped (depending on how hot you want it)
1/2 tsp.	Salt
1	lime

### Directions:

Mix all ingredients until well incorporated. Refrigerate overnight for maximum flavor.

\*If you grab a handful of leaves from the top of the bunch and pull them out firmly, you will get mostly leaves. If a few stems are in there, it's ok.

## Fruit Salsa

*A favorite dish that all of Anna Roberts' friends always beg her to bring parties!*

### Ingredients:

2	apples	1 lb	Strawberries
2	pears	3	Kiwi
Splash	OJ or Lemon Juice	1	Mango

### Directions:

- Peel and coarsely chop up apples and pears.
- Splash with OJ or lemon juice to keep them from browning.
- Peel and chop up mango, peaches and kiwi
- Hull strawberries and chop up
- Add to fruit mix
- Keep refrigerated, serve with cinnamon chips

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## Cinnamon Chips

*These chips really are worth the effort if you are making Anna's Fruit Salsa!*

### Directions:

- Preheat oven to 350 degrees.ye
- Spread melted butter on tortilla shells.
- Sprinkle with cinnamon sugar.
- Cut into chip size pieces.
- Bake for 10 minutes.
- Let dry before storing in air-tight container.

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## Roasted Tomato Salsa

Adapted from pg. 48 of **Salsas and Tacos** from  
The Santa Fe School of Cooking

### Ingredients:

2 lbs.	Ripe plum tomatoes
3	Garlic cloves, minced
1 large	Red onion, finely diced
2-3	Serrano chiles, minced
1/3 cup	Coarsely chopped fresh cilantro
1/2 tsp.	Dried oregano
Splash	Balsamic vinegar, to taste
	Coarse salt to taste
Pinch	Sugar
	Extra Virgin Olive Oil, to taste

(Roasted Tomato Salsa, continued)

### Directions:

1. Place a stove-top grill over high flame and char the plum tomatoes on all sides. Put them in a medium bowl and set aside to cool.
2. Peel and core the tomatoes. Place the tomatoes and their juices in the work bowl of a food processor and pulse to a coarse puree, keeping the tomatoes as chunky as possible. Pour the puree into a medium bowl. Add the garlic, onion, chile, cilantro, and oregano; season to taste with vinegar, salt and sugar. Let stand for 20 minutes. Taste and adjust seasoning. Drizzle with a little olive oil, stir and serve.

Note: Kendra just roasts the tomatoes on her outside gas grill. It's really easy to tell when they are done –the skin blisters and practically pops off the tomato. The book Salsas and Tacos recommends serving this roasted salsa with grilled lamb and fresh corn. Kendra likes it on fajitas.



## Strawberry Salsa

Kendra's favorite Summer appetizer!

### Ingredients:

- 2 1/2 cups Finely chopped fresh strawberries
- 1 cup Chopped green pepper
- 2 tbsp. Chopped green onions
- 2 tbsp. Minced fresh parsley
- 1/3 cup Catalina salad dressing
- Dash Hot pepper sauce
- Pepper to taste

### Directions:

- In a bowl, combine the strawberries, green pepper, onions and parsley.
- Stir in the salad dressing, hot pepper sauce, and pepper.
- Cover and refrigerate for 2 hours. Serve with tortilla chips. Yield 3 cups.



## Fresh Tomato Salsa

Adapted from [Allrecipes.com](#)

### Ingredients:

- 3 Tomatoes, chopped
- 1/2 cup Finely diced onion
- 5 Serrano Chiles, finely chopped
- 1/2 cup Chopped fresh cilantro
- 1 tsp. Salt
- 2 tsp. Lime juice

### Directions:

- In a medium bowl, stir together the tomatoes, onion, chile peppers, cilantro, salt, and lime juice. Chill for one hour in the refrigerator before serving.

\*Please be aware – do not use 5 chiles if you don't like it hot. No matter the amount, be sure to finely dice them however!



## Tomatillo Salsa

For those who like their salsa on the sweeter side! Adapted from Allrecipes.com

### Ingredients:

10	Tomatillos, husked
1 small	Onion, chopped
3 cloves	Garlic, chopped
2	Jalapeno peppers, chopped
1/4 cup	Fresh Cilantro, chopped
	Salt & Pepper to taste

### Directions:

1. Place tomatillos in a nonreactive saucepan with enough water to cover. Bring to a boil. Simmer until tomatillos soften and begin to burst, about 10 minutes.
2. Drain tomatillos and place in a food processor or blender with onion, garlic, jalapeno peppers, cilantro, salt and pepper. Blend to desired consistency.

## Salsa Fresca

### Ingredients:

1/2	Medium white onion
1	Jalapeno stemmed and seeded
2 cloves	Finely minced garlic
4	Tomatoes, seeded and coarsely chopped
1/4 cup	Cilantro
	Juice of 1 lime
	Salt and pepper

### Directions:

Coarsely chop onion, jalapeno and cilantro and put in a medium bowl. Add remaining ingredients and mix well. Let sit for at least a half hour and serve.



## Black Bean Mango Salsa

### Ingredients:

- 1 Ripe mango, peeled and diced
- 1 can Black beans, drained and rinsed
- 10 oz. Frozen corn, thawed and drained
- 1/2 cup Red pepper, diced
- 1/4 cup Red onion, diced
- 1/3 cup Fresh cilantro, chopped (leaves only)
- 1 pkg. Good Seasons Italian dressing mix
- 1/3 cup Lime juice

### Directions:

Mix together and enjoy with tortilla chips. I like to use fresh corn when available!