

Great Tasting Salsa Recipes Book 1

Traverse Bay Farms – Voted America’s #1 Salsa Two Years
in a Row



www.traversebayfarms.com

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Company Information:-

Traverse Bay Farms fruit and gourmet salsa was voted #1 salsa in America two years in a row. Our salsa's won top awards in both 2007 and 2008 at America's Best Professional Food Competition. The America's Best food competition is the nation's largest and most respected food show in America. Here is an overview of the awards we won:

Salsa General – All Category:

1st PLACE - 2008: Traverse Bay Farms – Peach Salsa

2nd PLACE - 2007: Traverse Bay Farms – Corn Salsa

Salsa – Fruit Category:

1st PLACE - 2007: Traverse Bay Farms – Pineapple Salsa

3rd PLACE - 2007: Traverse Bay Farms – Raspberry Salsa

3rd PLACE - 2008: Traverse Bay Farms – Peach Salsa

Salsa – Bean Category:

1st PLACE - 2007: Traverse Bay Farms – Bean Salsa

Visit our website at www.traversebayfarms.com to learn more about our awards and our selection of award winning salsas. You can also contact us toll-free at 1-877-746-7477.

Tomato and Mango Salsa Recipe

Ingredients

1 small mango

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1 large tomato, seeded and chopped
1/3 cup chopped red onion
1/4 cup minced fresh cilantro
1 small jalape pepper, seeded and finely chopped
2 tablespoons lime juice
Carefully peel skin from mango sections attached to seed. Slice flesh from seed. Chop flesh to measure 1-1/2 cups.

Directions: Combine all ingredients in small bowl; refrigerate 2 hours.

Carrot Mango Salsa Recipe

4oz carrots; 1 ripe mango (diced, skinned and pit discarded)
1 small onion sliced
14oz diced apricots
2 tablespoons lime juice
1 tablespoon sugar
1 teaspoon ground cumin
half a red pepper
1 green chilli (seeded, chopped).

Directions: Add all ingredients together, stir well for a minute. Serve warmed or chilled as a condiment with chicken or fish.

RED HOT SALSA Recipe

1 (16 oz.) can tomatoes or 6 peeled fresh tomatoes (if in season)
1/2 sm. onion, diced
2 jalapeno peppers, chopped
2 garlic cloves, minced
1 tsp. sugar
1 tsp. chili powder
1/2 tsp. salt (more or less)
1/2 tsp. black pepper
1 tbsp. cilantro
2 tbsp. apple cider vinegar

Directions: Combine all ingredients in food processor or blender and mix for 10-15 seconds or until all ingredients are of desired consistency. Serve with tortilla chips or as sauce on assorted foods.

Salsa Italiano

Ingredients

1 lb. (2 large) fresh tomatoes, seeded and diced
1/2 cup chopped red onion
1 can (2.25 oz.) sliced ripe olives
1 jar (6 oz.) marinated artichoke hearts
2 Tbsp. lemon juice
2 garlic cloves, finely chopped
3 Tbsp. chopped fresh basil
1/4 tsp. crushed hot red pepper flakes
1/4 tsp. salt
1/8 tsp. ground black pepper

Directions: In a medium bowl, combine tomato, onion and olives. Slice artichoke hearts, reserving marinade. Stir sliced artichoke hearts into tomato mixture; set aside. In a small bowl, whisk together lemon juice, garlic, basil, pepper flakes, salt, black pepper, and 2 Tbsp. artichoke marinade. Gently mix dressing with tomato mixture. Serve with roast or barbecued chicken.

Black and White Salsa

1-1/2 Cups Cooked and Drained Black Beans or 1 16-ounce Can Black Beans, Drained
1-1/2 Cups Cooked and Drained Great Northern Beans or 1 16-ounce Can Great Northern Beans
1 Cup Diced Tomatoes
3 Tablespoons White Wine Vinegar
1/4 Cup Chopped Cilantro
1/4 Cup Chopped Red Onion
2 Tablespoons Chopped Jalapeno Pepper
2 Cloves Garlic, Minced
1/2 Teaspoon Salt and Sugar
1/8 Teaspoon Ground Black Pepper

Directions: In medium bowl, toss everything together. Serve.

Pineapple Salsa

2 cans pineapple chunks drained
1 jalapeno cored seeded
1 red bell pepper cored seeded
1 lime-rolled, cut and squeezed
1 sprig fresh cilantro
pinch of salt
few twists of black pepper
1 tablespoon of ex virgin olive oil

Directions: Toss all ingredients into a processor and serve over grilled fish or with chips

Creamy Salsa Dip

2 cups Plain Yogurt

1 cup prepared salsa

3 tablespoons chopped fresh cilantro

1 teaspoon salt

In a small bowl, combine yogurt and salsa. Mix well. Stir in cilantro and salt. Cover and keep refrigerated until ready to use

Salsa Cheeseburgers

1 package (about 1 1/4 pounds) PERDUE? FIT 'N EASY? Fresh Ground Turkey Breast Meat, Ground Turkey, or Ground Chicken
1 cup Spicy Salsa (recipe follows) or prepared tomato salsa, well drained
1 tablespoon chopped cilantro
1/4 teaspoon salt
3/4 cup shredded Cheddar cheese
8 slices French or Italian bread or 4 hamburger rolls
Mayonnaise
Shredded lettuce
Avocado slices
Red onion slices
Additional Spicy Salsa (optional)
Lime or lemon wedges (optional)
Instructions:

Prepare outdoor grill for cooking or preheat broiler.
In medium bowl, combine ground turkey, 1 cup salsa, cilantro and salt. Form turkey mixture into 4 burgers.

Grill or broil burgers 5 to 6 inches from heat source 5 minutes on each side or until no longer pink in center. Just before removing burgers from grill, sprinkle cheese over tops; cover and cook about 1 minute or until cheese melts.

Grill or broil bread lightly, if desired. Serve burgers between bread slices, topping burgers with choice of mayonnaise, shredded lettuce, avocado slices, red onion slices and/or additional salsa. Garnish with lime or lemon wedges.

Spicy Salsa: In medium bowl, combine 1 pound ripe plum tomatoes (about 5), seeded and finely chopped, 1/4 cup minced white or yellow onion, 1 fresh hot green chili pepper, seeded and minced or 2 tablespoons canned chopped green chilies, 1 garlic clove, minced, 2 tablespoons lime juice, 1 tablespoon chopped fresh cilantro (coriander) sprigs (optional) and salt to taste.

Directions: Cover and refrigerate 30 minutes or up to 24 hours before serving; longer storage can reduce salsa's fresh flavor and texture. Makes about 1 cup.

Ready In: 45 minutes
Servings: Makes 4 servings

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Salsa Chicken Sandwiches

1 package (10 1/2 ounces) frozen breaded chicken breast patties

4 whole wheat sandwich buns, split

8 teaspoons purchased black bean dip

1/4 cup thick-and-chunky salsa

1/2 cup shredded lettuce

Cook chicken in oven as directed on package, adding buns, cut side up, the last 3 to 4 minutes of cooking time until lightly toasted.

Spread bottom half of each bun with 2 teaspoons dip. Top each with

Chicken patty; spread with 1 tablespoon salsa. Top each with 2 tablespoons

Lettuce and top of bun.

Makes 4 sandwiches

Mexican Food To Go Favorite Salsa Recipes

4 medium tomatoes, peeled and chopped

1/2 cup finely chopped onion (up to 1 cup)

1/2 cup finely chopped celery

1/4 cup finely chopped green pepper (bell pepper)

1/4 cup oil

2 tbsp finely chopped green chiles

2 tbsp red wine vinegar

1 tsp mustard seed

1 tsp cilantro (coriander) seed, crushed (or fresh cilantro leaves)

1 tsp salt

Directions: Combine all ingredients. Cover and chill, stirring occasionally. Serve with corn chips.

Mango Salsa Recipe

1 large Mango; peeled -- 1/4" cubed

1/4 cup red bell pepper -- 1/4" diced

1 1/2 tbsp fresh basil -- finely chopped

1 1/2 tbsp red wine vinegar.

2 tsp lime juice

1/2 tsp sugar

1 Jalapeno pepper (opt) -- finely chopped.

seeds and membranes – discarded

Directions: In a medium bowl, combine all ingredients. Mix well.

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Let stand at room temperature a half hour before serving or refrigerate up to 24 hours.

Two Tomato Salsa.

2 c diced unpeeled plum tomato
1 c unpeeled green tomato
1/2 c diced green bell pepper.
1/4 c chopped purple onion.
1 tbsp finely chop jalapeno pepper
1 tbsp finely chop fresh cilantro
1 clove minced garlic
1/4 tsp salt.
1/8 tsp coarsely ground pepper.
2 tbsp fresh lime juice
1 tbsp olive oil.

Directions: Combine all ingredients in a bowl. Stir well. Serve at room temperature or chilled. Use a slotted spoon to serve with corn tortilla wedges, poultry, or fish.

Yield: 3 cups

Tropical Fruit and Black Bean Salsa Recipe

1/2 c pineapple, diced
1/2 c mango, diced
1/2 c papaya, diced
1/2 c onions, red, chopped.
1/2 c onions, red, chopped
1/2 c beans, black, cooked
1 jalapeno, minced.

Directions: Mix all ingredients.
Allow flavors to develop for at least 30mts.

Fruit Salsa Recipe

1 cup strawberries
2 Granny Smith apples, peeled and chopped
2 kiwi fruit, peeled.
2 tablespoons brown sugar
2 tablespoons apple jelly or all fruit jelly juice from 1 orange.
Chop all in food processor to desired consistency.
Cut a flour tortilla into bite size pieces.
Spray lightly with Pam.
Dust with sugar/cinnamon mixture and toast in oven until lightly browned.

Directions: Serve as a scooper with Fruit Salsa.

Avocado-Tomato Salsa Recipe

2 tomatoes, diced
1/2 cup chopped red onions
1/4 avocado, cubed.
1 green chili pepper, seeded and chopped.
2 tbsp snipped fresh parsley
1 tbsp red wine vinegar.
2 tsp grated lime peel.
1 tsp lime juice
1/4 tsp ground cumin

Directions: Combine tomatoes, onions, avocado, peppers, parsley, vinegar, lime peel, juice and cumin. Let stand for 15 minutes before serving.

Yield: 6 servings.

Fruit Salsa Recipe

1 cup chopped peeled pineapple
1 cup chopped peeled mango
1 cup chopped yellow or red bell pepper.
2/3 cup chopped peeled kiwi fruit
1/2 cup finely chopped red onion.
1/4 cup finely chopped fresh cilantro
1 teaspoon fresh lime juice.
1/2 teaspoon minced Serrano chili (with seeds)
Ground white pepper.

Directions: Combine all ingredients in medium bowl. Season with white pepper and salt. Can be made 3 hours ahead. Makes about 4 cups.

Fresh Tomato Salsa Recipe

4 to 6 medium tomatoes
2 to 3 white onions
1 can black olives.
3 to 4 green chiles
2 Tbsp. vinegar
2 Tbsp. oil.

Directions: Chop tomatoes, onions, olives & green chiles in very small pieces. Combine oil and vinegar, pour over tomato mixture. Serve with corn or taco chips. For best flavor, chill for several hours before serving.

Tropical Fruit Salsa Recipe

1 ripe mango, peeled, pitted and cut into 1/4" cubes
1 ripe papaya, peeled, seeded and cut into 1/4" cubes
1 ripe Avocado, peeled, pitted and cut into 1/4" cubes.
3 tbsp. lime juice
2 tbsp. fresh cilantro, chopped.
2 tbsp. brown sugar
1 tsp. jalapeno peppers, drained.
1 tsp. ginger, crushed

Directions: Combine all ingredients in a medium bowl.

Cover and refrigerate at least 1 hour to allow flavors to blend. Serve with grilled fish or chicken. Also good with tortilla chips.

Salsa De Picante Recipe

2 large cans tomatoes, chopped
3 small cans green chilies, chopped.
2 small cans jalapeno peppers, chopped
2 large onions, chopped.
6-10 garlic cloves, chopped
1 tbsp salt.

Directions: Place all ingredients in a large pot and bring to a boil. Boil for 5 minutes. Cool & refrigerate.

Habanero Salsa

Ingredients:

2 tb Olive oil
1 md Onion -- chopped
1 Green bell pepper --
Chopped
1 Red bell pepper -- chopped
1/2 c Chicken broth
4 Chiles habanero -- minced
6 md Tomatoes -- skinned & diced
2 cn Tomatoes -- diced
2 tb Lime juice
2 tb Lemon juice
1 ts Dried coriander leaf
1 ts Oregano
1 tb Sugar or honey -- optional
Salt and pepper -- to taste
1/4 c Fresh parsley -- chopped
2 Anaheim chili pepper -- Chopped

Directions: Saute the onions, bell peppers, and anaheims in the oil for a few minutes then add the chicken broth and saute until the broth is about gone. Add the habaneros (I roasted mine first), the diced tomatoes (okay, I added the extra two cans to cut the heat down a bit, so if you want it super hot you can eliminate the cans or a couple of the habaneros), lime and lemon juices, coriander, oregano, sugar, salt and pepper. Simmer for 20 or 30 minutes and add the parsley and simmer a few more minutes.

Hot Salsa

Ingredients:

3 md Tomatoes
3 To 4 jalapeno peppers
Onion -- your choice
Oregano -- dash
Salt and pepper as you like

Directions: In saucepan boil tomatoes and peppers. Drain water and remove skin from tomatoes. put in blender with remaining ingredients and blend for a minute or until smooth, unless you prefer your salsa chunky.

Apple Berry Salsa with Cinnamon Chips

Ingredients:

Chips:

2 10-inch flour tortillas
Water

1 tb Sugar
1 ts Cinnamon

Salsa:

2 md Granny Smith apples --
Peel/core/chop
1 c Strawberries -- hulled &
Sliced
1 Kiwi -- peeled and chopped
1 sm Orange
2 tb Brown sugar
2 tb Traverse Bay Farms Apple jelly

Directions: Preheat oven to 475. Lightly brush one side of tortillas with water. Combine cinnamon and sugar, sprinkle over tortillas. Cut each tortilla into 8 wedges. Place wedges on a stone or cookie sheet.

Bake 5 - 7 minutes or until golden brown. Remove to cooling rack. While tortillas are baking, zest orange (about 2 tbsp.) and juice orange (about 1/4 cup). Combine prepared

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