

**EASY TOMATO SALSA**

 **Ingredients:**

* ​3 cups diced tomatoes, (I remove the jelly and seeds or else it can be too watery)
* 1/2 cup sweet bell pepper, diced
* 1/4 cup purple onion, diced
* 2 Tbs. jalapenos (I use 1 large or 2 small.  Keep the seeds in the salsa to make it hot.  If you prefer mild salsa remove the seeds)
* 2 Tbs. chopped cilantro
* 2 cloves garlic, minced or diced fine
* 1/2 tsp. salt
* 1/4 tsp. pepper
* 2 Tbs. fresh lime juice
* 1 Tbs. olive oil

This recipe makes about 4 cups.  Just add all the ingredients to a medium bowl and mix until blended and store in the fridge.  It keeps about 4 days.

**SIMPLE GUACAMOLE**

**Ingredients:**

* ​1 medium ripe avocado
* 1 clove garlic, minced
* 1 Tbs. fresh lime juice
* 1/2 tsp. fine sea salt

**Method:**

* Mash the ripe avocado with a fork.  Add garlic, lime juice and sea salt and mix.
* - Put the avocado pit in the center of the dip to stop it from oxidizing.  I made this dip the day before I took this picture so you can tell it doesn't go brown at all. Store the dip in a covered glass container in the fridge.
* - You can double, triple or quadruple this recipe for parties.  One avocado is enough for two people with nachos or in wraps.
* To ripen avocados more quickly, leave them in your fruit bowl on the counter with bananas.  To slow down the ripening process, store them in the fridge.