



**BRAIN HEALTHY  
COOKING**

# Appetizer

## *Summer Strawberry Basil Salsa*



### *Ingredients*

- 2 CUPS fresh strawberries, hulled and finely chopped
- 1 CUP cucumber, skin on, finely chopped
- 1 small green or red pepper, finely chopped
- 1/4 CUP red onion, finely chopped
- 3 TBSP fresh lime juice
- 1 TBSP extra virgin olive oil
- 1/4 CUP basil leaves, chiffonade

*Makes 10 Servings*

### *Directions*

1. Combine ingredients in a bowl and stir well. Allow to sit 30-60 minutes before serving to let the flavors meld and marry. Serve over fish or with tortilla chips or pita chips.
2. If you want to make this ahead, combine everything except the lime juice and add before serving – otherwise the strawberries and cucumbers will break down too much.
3. If you are looking for more of a kick in your salsa, add 1 small serrano pepper with seeds removed and finely chopped.

