



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.

