

Basics & Essentials

Mexican Relish

James Bell

The quantities listed are approximate, and can be adjusted slightly. Everything must be diced very small. Using a Cuisinart is NOT recommended! Best when just freshly made; does not store well.

Susan's Favorite

8 jalapeno chile peppers, seeded and diced
1 serrano pepper, seeded and diced
1 small carrot, diced small
4 scallions, diced small
4 radishes, diced small
1/2 cup cilantro, diced small
1 tablespoon lime juice
1 teaspoon olive oil
1 teaspoon sea salt

Blend all ingredients, cover and let stand in refrigerator for an hour before serving. Mix thoroughly before serving.

Serving Ideas: A very savory accompaniment to scrambled eggs, falafel, tacos, chicken soup, and many others...

Per Serving (excluding unknown items): 142 Calories; 6g Fat (33.5% calories from fat); 6g Protein; 21g Carbohydrate; 0mg Cholesterol; 1926mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat.

