

Simple Nutty Cream with Chives

Ingredients:

- $\frac{3}{4}$ c. raw cashews (soaked)
- $\frac{1}{4}$ c. raw slivered almonds (soaked)
- Juice of 2 lemons (4 T.)
- $\frac{1}{2}$ t. salt
- 1 t. honey
- $\frac{1}{2}$ c. water, more as needed
- Fresh cut chives or dried chives

Directions:

1. Soak nuts overnight or use the quick method: cover with water and bring to a boil, let rest for 10 minutes; rinse and drain.
2. Place all ingredients except chives in blender and blend until smooth. Add more water as needed to aid in blending and achieve desired consistency.
3. Stir in chives.

Pineapple Salsa

Ingredients:

- 2 c. fresh pineapple, diced
- $\frac{1}{2}$ c. fresh tomatoes, diced
- 2 T. fresh red onion, diced
- $\frac{1}{4}$ t. dried basil
- Pinch of salt

Combine everything and enjoy in tacos, burritos, tostadas or with chips!

What Is Salsa?

- "Salsa" translates literally as "sauce," and encompasses a wide variety of forms. When most Americans speak of "salsa," they are typically referring to a condiment made with tomatoes, onions and chiles.
- Salsas can be served cooked or fresh, they can be smooth or coarsely textured, thick or thin, mild or hot.
- Salsa is a healthful addition to a balanced diet. The sauces are low in calories and contain little or no fat. Many of the ingredients contribute vitamins and minerals.