

## South Seas Salsa

Author: Hugh Carpenter, Chopstix cookbook



Carolyn T's  
Internet  
Cookbook

Servings: 8

*Description: A different take on the ubiquitous salsa*

1. Cut the tomatoes in half and squeeze out the seeds; chop with a knife or in a food processor (or an Alligator chopper if you have one). Chop together the green onions, basil, mint and cilantro using a knife or food processor. Combine with the remaining ingredients.
2. Do not refrigerate the salsa if serving that day; if prepared a day in advance, bring the salsa to room temp before serving. Serve with tortilla chips.

- 1 pound tomatoes, vine-ripened
- 1 cup green onions, minced
- 1/3 cup basil, fresh, chopped
- 1/3 cup mint, fresh, chopped
- 1/3 cup cilantro, fresh, minced
- 3 whole garlic cloves, minced
- 3 tablespoons lime juice
- 2 tablespoons safflower oil, or olive oil
- 2 tablespoons fish sauce, or soy sauce
- 1 1/2 tablespoons light brown sugar
- 1 1/2 teaspoons hot chili sauce

**Blog: Carolyn T's Blog:**  
<http://tastingspoons.com>

*Per Serving (excluding unknown items): 77 Calories;  
4g Fat (46.5% calories from fat); 2g Protein; 10g  
Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol;  
23mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean  
Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other  
Carbohydrates.*  
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