

Ingredients



1 jalapeño pepper
½ medium Granny Smith apple
1 green onion
1 lime
1 cup (250 mL) cranberries, thawed
1 tbsp (15 mL) sugar
¼ cup (50 mL) fresh cilantro leaves
Gluten-free crackers or tortilla chips

Cranberry Salsa

MOM
fueling
HUNGRY
BOYS

Instructions

- Remove the stem from the jalapeño, then cut in half lengthwise. Remove the seeds and veins with the Coated Utility Knife and place the jalapeño into the Manual Food Processor.
- Cut the apple and green onion into chunks and add to the processor. Process until finely chopped.
- Juice the lime with the Juicer to measure 1 tbsp (15 mL). Add the juice, cranberries, sugar, and cilantro to the processor. Process until the cranberries are coarsely chopped, scraping down the sides of the bowl as needed.
- Serve the salsa in a small bowl with crackers or chips.

Cook's Tips:

- The Core & More is another great tool for quickly and easily removing the seeds and veins of the jalapeño, which lessens the spiciness of the pepper.
- You can make this recipe ahead of time. Just store it in the refrigerator, covered, for up to two days.

