

# St. Louis Community College

## Hospitality Studies

### Cherry Salsa

Fat-Free, Low-Sodium, Dairy-Free, Gluten-Free, Vegan

Cherry salsa makes a sweet and spicy condiment for salmon, chicken or pork. For a milder salsa, remove all of the ribs and seeds from the jalapeño.

#### Makes about 1 1/2 cups salsa

- 2 cups sweet cherries
- 1 jalapeño, minced
- 1 medium shallot, minced
- 2 green onions fine roundel
- 1/4 cup fresh basil, chopped
- 2 teaspoons balsamic vinegar
- salt, to taste
- freshly ground pepper, to taste

Pit and chop cherries and combine with jalapeño, shallot, onion, basil and vinegar. Taste and adjust seasoning with salt and pepper. Refrigerate for at least an hour before serving.

#### Nutrition Info

Per serving (About 2 Tbsp/37g-wt.): 25 calories (0 from fat), 0g total fat, 0g saturated fat, 1g protein, 6g total carbohydrate (less than 1g dietary fiber, 4g sugar), 0mg cholesterol, 50mg sodium