

# Kitchen Korner

## Salsa Is A Tasty Step In Tune With A Healthy Lifestyle

(NAPSA)—Increasingly, salsa is the sauce that's boss. Whether you know it as salsa verde, salsa roja, pico de gallo or just salsa, this tasty topping has become the top-selling condiment in North America.

Salsa can be used to add flavor and that extra zip to eggs, as a sauce over meats and vegetables, or spooned onto baked potatoes, pizza or pasta.

In addition to being flavorful, salsa is also popular because it's easy to make at home and is very low in cholesterol, fat, sugar and calories. That means it fits well with an active, healthy lifestyle.

For the ultimate combination of flavor, texture and color, add fresh spring/summer onions to your salsas. Their sweet to mild flavor and high water content make them ideal to use raw or grilled in any kind of salsa. During their season, from March to August, yellow, red and white varieties of fresh spring/summer onions can be identified by their thin, light-colored skins.

Onions not only provide nutrients and flavor, they also provide health-promoting phytochemicals that protect against cataracts, cardiovascular disease and certain types of cancer. Other naturally occurring chemicals found in onions are linked to lowering blood pressure and cholesterol levels.

Here are two fresh, easy-to-make salsa recipes. The first calls for grilled onions, the second for raw onions. Both salsas will add variety and extra veggies to your menu.



**Salsas are fresh and healthy additions to your menus. Try these two (from left): Grilled Onion Salsa and Roasted Corn and Onion Salsa.**

### GRILLED ONION SALSA

**2 large onions, sliced**  
**2 large tomatoes, chopped**  
**¼ cup seeded jalapeño peppers, chopped**  
**¼ cup fresh cilantro, chopped**  
**1 teaspoon cumin seeds**  
**Freshly squeezed lime juice**  
**Salt**  
**Grill the onion slices. Coarsely chop the grilled rings and mix with the chopped tomatoes, jalapeño peppers, cilantro and cumin seeds. Season with salt and fresh lime juice. (Makes about 3½ cups.)**

### ROASTED CORN AND ONION SALSA

**2 ears corn in husks (about 1½ pounds)**  
**1 tablespoon vegetable or olive oil**  
**1 cup chopped yellow onion**  
**½ cup coarsely chopped cilantro leaves**  
**3 tablespoons freshly squeezed lime juice**

**1 teaspoon sugar**  
**1½ teaspoons cumin seeds, crushed in mortar**  
**1 teaspoon bottled crushed red pepper flakes or 1 to 2 tablespoons minced fresh chilies**  
**2 to 3 teaspoons diced chipotles, canned in adobo sauce**  
**1 to 2 teaspoons adobo sauce from canned chipotles**  
**Husk corn and cut kernels from cob using a long-bladed knife (yields about 2 cups). Heat oil in large skillet over high heat. Add corn and sauté for about 2 minutes or until lightly golden. Add onion and sauté 1 minute longer. Remove from heat and combine with all other ingredients in bowl. (Makes 12 servings or 3 cups.)**

To add flavor and variety to your menus, check out the salsa and chutney recipes available at [www.onions-usa.org](http://www.onions-usa.org).