

# Herbal Legacy Recipes

## Mexi-Pepper Salsa

Submitted by Jennette King one of our very own Herbal Legacy Newsletter readers.

### INGREDIENTS

- 1 cup raw cashews soaked in 1 1/4 c. water and set aside for approximately 2 hours.

Dice the following and combine in a large bowl:

- 3-4 ribs of celery
- 2 to 3 bell peppers (choose a variety of colors: green, orange, red, or yellow)
- 1/2 purple onion



Then add to the bowl:

- 2 cups frozen corn
- 1/2 bunch finely chopped cilantro

### DIRECTIONS

1. To make the sauce that will go over the chopped vegetables, combine the following in a blender:
  - Soaked cashews with the water,
  - 1/2 tsp. sea salt and
  - 2 tsp. Fajita Seasoning (Spice Hunter) or any Mexican spice blend you enjoy.
2. Puree and pour over the chopped vegetables and mix well.

This is a wonderful salsa to use with corn or pita chips, or wrap it in lettuce or in a sprouted grain tortilla. Add it to any summer soup.

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