

Available Now...

Tomatoes

Tomatoes are saturated fat free, very low in sodium, high in vitamins A and C and are a good source of potassium.

Choose tomatoes with bright, shiny skins and firm flesh. Tomatoes should be stored at room temperature away from direct sunlight.

Look for fresh Colorado tomatoes at your local grocery store, farmers' market or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown throughout Colorado.

Visit
www.coloradoagriculture.com for
a complete list of recipes.

Hot Garden Salsa

Chef Jason K. Morse, C.E.C., 5280 Culinary, LLC

- 6 ea. Beefsteak Tomatoes, cored and diced
- 4 ea. Jalapeno Peppers
- 4 ea. Garlic Cloves, minced
- 1/2 bunch Cilantro, chopped, leaves only
- 2 ea. Lime
- 2 tsp. Pepper Flakes
- 2 tsp. Sea Salt
- 1 tsp. Cumin, ground
- 1 tsp. Black Pepper
- 1/2 tsp. Cayenne Pepper, ground

Roast jalapenos in oven, remove stems and chop, keeping seeds in, and then set aside. Juice two limes and set aside. Place tomatoes in blender and pulse until coarse ground. Add the jalapeno peppers, lime juice and garlic and pulse until chopped. Add the seasoning and cilantro and pulse. Blend until well chopped, keeping salsa thick. Adjust seasoning to taste. Serve with tortilla chips.



Photo by Warren Jacob Howell

Next Month... **Onions**