

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Easy Fresh Cucumber Salsa

Serves: 6

Ingredients:

2 large cucumbers, peeled, seeded and chopped
3 garden tomatoes, peeled and chopped
1 medium onion, chopped
1-3 squirts of Tabasco green pepper sauce (optional to add heat)
Sea salt
Onion garlic pepper seasoning
Tortilla chips

Directions:

1. In a large bowl, combine all ingredients, taking care to add more salt, seasoning and sauce as your taste desires.
2. Once mixed, refrigerate for 1-3 hours to allow flavors to combine.
3. Serve with tortilla chips or as a topping for tacos or other Tex-Mex favorites.