

Blueberry & Ginger Salsa

Author: Adapted from a recipe by Ray's Boathouse (in the Pike Place Public Market Seafood Cookbook)

***Carolyn T's
Main Cookbook***

Servings: 4



Notes: I use pomegranate balsamic vinegar for this, but use whatever you have on hand. If the balsamic is very tart, you may want to reduce the amount of lime juice. Taste and adjust.

Description: Great with fish - probably good with chicken and pork too.

1. With a food processor running, drop in the garlic, then the ginger. Then add the first amount of blueberries. Process until the mixture is finely minced. It won't be wet at this point.
2. Scrape the contents into a small non-metallic bowl (use plastic or glass). Add all the remaining ingredients. Stir to combine, then set aside to allow the flavors to develop and to help the blueberries to juice-up, about 30 minutes. Will keep for about 2 days.

1 teaspoon fresh ginger
1 small garlic clove
1/2 cup fresh blueberries, for pureeing
1/4 whole red bell pepper, minced
1 tablespoon balsamic vinegar, fruit-type if available
1/2 cup blueberries, left whole
1 tablespoon agave nectar, or brown sugar
1 tablespoon lime juice, freshly squeezed
2 tablespoons fresh mint, minced
Salt and pepper to taste

***Blog: Carolyn T's Blog:
<http://tastingspoons.com>***

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Per Serving (excluding unknown items): 37 Calories; trace Fat (3.9% calories from fat); trace Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit.