

Orange Lemon Salsa

inspired by a recipe at Martha Stewart's website



1 whole lemon

1 whole orange

1 whole lime

1 1/2 teaspoons extra virgin olive oil

1 tablespoon shallot, finely minced

1/4 teaspoon chipotle chile canned in adobo, or more if needed

1 tablespoon cilantro, minced

2 dashes salt

1/2 teaspoon sugar, or honey, or sugar substitute

1/4 teaspoon freshly ground black pepper

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 2

If you don't have chipotle chile in adobo, you can substitute fresh minced chile peppers (jalapeno, serrano, or?).

1. LEMON: Zest about half of the peel and add to a bowl. Cut off ends, cut away all peel and pith. Remove segments and cut each into 2-3 small pieces.
2. ORANGE: Zest about half of the peel and add to the bowl. Cut off ends, cut away all peel and pith. Remove segments and cut each into 2-3 small pieces.
3. LIME: Zest about 1/3 of the lime and add to the bowl. Squeeze a lime half and add juice into the bowl.
4. Add the oil, minced shallot, salt, sugar, pepper, cilantro and chipotle chile (to taste). Allow to rest for 15 minutes. Serve on fish or chicken.

Per Serving (excluding unknown items): 87 Calories; 4g Fat (30.9% calories from fat); 2g Protein; 17g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 273mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 1/2 Fat; 0 Other Carbohydrates.