

Chicago-Style Salsa

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*1/2 seedless cucumber,
finely chopped
1/4 cup celery leaves,
coarsely torn
1/2 cup diced tomatoes
1/4 cup diced red onions
1/4 cup sliced banana
peppers
1/4 cup dill pickle relish
2 tablespoons deli-style oil
and vinegar dressing
1 tablespoon green pepper
sauce*

Cut the cucumber into quarters and chop. Tear the celery leaves coarsely.

In a bowl, combine the cucumber, celery leaves, tomatoes, red onions, banana peppers, relish, dressing and pepper sauce. Blend well.

Per Serving (excluding unknown items): 35 Calories; trace Fat (8.3% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 1 1/2 Vegetable.