

TRAVERSE BAY FARMS – VOTED AMERICA’S #1 SALSA TWO YEARS IN A ROW

# Traverse Bay Farms Fruit Salsa Recipe Cookbook

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Dear Fellow Salsa Lover...

Thank you for downloading this cookbook devoted exclusively to great tasting fruit salsa recipes. Feel free to share this unique fruit salsa cookbook with your friends, family and co-workers. Once you have enjoyed a few of these recipes, send us your stories of some of the good times you enjoyed with friends and family while enjoying salsa.

*From Everyone at Traverse Bay Farms*

**Company Information:-**

Traverse Bay Farms fruit and gourmet salsa was voted #1 salsa in America two years in a row. Our salsa's won top awards in both 2007 and 2008 at America's Best Professional Food Competition. The America's Best food competition is the nation's largest and most respected food show in America. Here is an overview of the awards we won:

**Salsa General – All Category:**

**1<sup>st</sup> PLACE - 2008:** Traverse Bay Farms – Peach Salsa

**2<sup>nd</sup> PLACE - 2007:** Traverse Bay Farms – Corn Salsa

**Salsa – Fruit Category:**

**1<sup>st</sup> PLACE - 2007:** Traverse Bay Farms – Pineapple Salsa

**3<sup>rd</sup> PLACE - 2007:** Traverse Bay Farms – Raspberry Salsa

**3<sup>rd</sup> PLACE - 2008:** Traverse Bay Farms – Peach Salsa

**Salsa – Bean Category:**

**1<sup>st</sup> PLACE - 2007:** Traverse Bay Farms – Bean Salsa

Visit our website at [www.traversebayfarms.com](http://www.traversebayfarms.com) to learn more about our awards and our selection of award winning salsas. You can also contact us toll-free at 1-877-746-7477.

Here is what Michelle Bommarito says about our award winning salsa's...

***Food Network Celebrity Chef***



**Michelle Bommarito Loves our Award Winning Salsas!**

*"I was so excited to discover your salsa! It's not only great tasting, but full of quality, all-natural ingredients."*

**Chef Michelle Bommarito, a frequent guest on the Food Network**

**[www.MichelleBommarito.com](http://www.MichelleBommarito.com)**

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### **Pineapple Salsa**

2 cans pineapple chunks drained  
1 jalapeno cored seeded  
1 red bell pepper cored seeded  
1 lime-rolled, cut and squeezed  
1 sprig fresh cilantro  
pinch of salt  
few twists of black pepper  
1 tablespoon of ex virgin olive oil

Directions: Toss all ingredients into a processor and serve over grilled fish or with chips

### **Mango Salsa Recipe**

1 large Mango; peeled -- 1/4" cubed  
1/4 cup red bell pepper -- 1/4" diced  
1 1/2 tbsp fresh basil -- finely chopped  
1 1/2 tbsp red wine vinegar.  
2 tsp lime juice  
1/2 tsp sugar  
1 Jalapeno pepper (opt) -- finely chopped.  
seeds and membranes – discarded

Directions: In a medium bowl, combine all ingredients. Mix well.  
Let stand at room temperature a half hour before serving or refrigerate up to 24 hours.

### **Tropical Fruit and Black Bean Salsa Recipe**

1/2 c pineapple, diced  
1/2 c mango, diced  
1/2 c papaya, diced  
1/2 c onions, red, chopped.  
1/2 c onions, red, chopped  
1/2 c beans, black, cooked  
1 jalapeno, minced.

Directions: Mix all ingredients.  
Allow flavors to develop for at least 30mts.

### **Fruit Salsa Recipe**

1 cup strawberries  
2 Granny Smith apples, peeled and chopped  
2 kiwi fruit, peeled.  
2 tablespoons brown sugar  
2 tablespoons apple jelly or all fruit jelly juice from 1 orange.  
Chop all in food processor to desired consistency.  
Cut a flour tortilla into bite size pieces.  
Spray lightly with Pam.  
Dust with sugar/cinnamon mixture and toast in oven until lightly browned.

Directions: Serve as a scooper with Fruit Salsa.

### **Avocado-Tomato Salsa Recipe**

2 tomatoes, diced  
1/2 cup chopped red onions  
1/4 avocado, cubed.  
1 green chili pepper, seeded and chopped.  
2 tbsp snipped fresh parsley  
1 tbsp red wine vinegar.  
2 tsp grated lime peel.  
1 tsp lime juice  
1/4 tsp ground cumin

Directions: Combine tomatoes, onions, avocado, peppers, parsley, vinegar, lime peel, juice and cumin. Let stand for 15 minutes before serving.

Yield: 6 servings.

### **Tropical Fruit Salsa Recipe**

1 ripe mango, peeled, pitted and cut into 1/4" cubes  
1 ripe papaya, peeled, seeded and cut into 1/4" cubes  
1 ripe Avocado, peeled, pitted and cut into 1/4" cubes.  
3 tbsp. lime juice  
2 tbsp. fresh cilantro, chopped.  
2 tbsp. brown sugar  
1 tsp. jalapeno peppers, drained.  
1 tsp. ginger, crushed

Directions: Combine all ingredients in a medium bowl.

Cover and refrigerate at least 1 hour to allow flavors to blend. Serve with grilled fish or chicken. Also good with tortilla chips.

### **Apple Berry Salsa with Cinnamon Chips**

Ingredients:

Chips:

2 10-inch flour tortillas

Water

1 tb Sugar

1 ts Cinnamon

Salsa:

2 md Granny Smith apples --

Peel/core/chop

1 c Strawberries -- hulled &

Sliced

1 Kiwi -- peeled and chopped

1 sm Orange

2 tb Brown sugar

2 tb Traverse Bay Farms Apple jelly

Directions: Preheat oven to 475. Lightly brush one side of tortillas with water. Combine cinnamon and sugar, sprinkle over tortillas. Cut each tortilla into 8 wedges. Place wedges on a stone or cookie sheet.

Bake 5 - 7 minutes or until golden brown. Remove to cooling rack. While tortillas are baking, zest orange (about 2 tbsp.) and juice orange (about 1/4 cup). Combine prepared fruit, orange zest, orange juice, brown sugar and apple jelly. Serve fruit salsa with cinnamon chips.

### **Carrot Salsa**

- 1/2 - cup baby carrots, diced
- 1 – tablespoon red onion, diced fine
- 1 – tablespoon red bell pepper, diced fine
- 1 – tablespoon yellow bell pepper, diced fine
- 1 – tablespoon cilantro, chopped
- 1 – green chile pepper, diced fine
- 1 – tablespoon fresh lemon juice
- 1/8 – teaspoon salt
- 1/2 - teaspoon fresh ground pepper

Directions: In a glass-mixing bowl, you want to combine carrots, red onion, red and yellow bell pepper, cilantro, green chile, lemon juice, salt, and pepper. Cover with plastic wrap and place in refrigerator for 30 minutes.

### **Pineapple-Apricot Salsa**

1 cup finely chopped peeled cored fresh pineapple  
½ cup finely chopped red onion  
½ cup apricot-pineapple preserves  
¼ cup chopped fresh cilantro  
2 tablespoons fresh lime juice  
1-½ tablespoons minced seeded jalapeño chili

Toss all ingredients in small bowl to blend. Season with salt and pepper. Can be made one day in advance. Cover and chill.

### **Watermelon Salsa**

Ingredients:

1 Watermelon  
1 bn Cilantro  
1 c Balsamic Vinegar  
1 Red Onion

Instructions:

Halve the watermelon, scoop out meat. Seed (this took forever!) cut up into presentable pieces, not too big. Save one of the halves to serve the salsa in. Reserve some of the watermelon juice. Chop cilantro (watch out for stems!) Chop onion. Amounts will depend on size of the watermelon.

### **Artichoke Salsa**

INGREDIENTS:

1 (6.5 ounce) jar marinated artichoke hearts, drained and chopped  
3 roma (plum) tomatoes, chopped  
2 tablespoons chopped red onion  
1/4 cup chopped black olives  
1 tablespoon chopped garlic  
2 tablespoons chopped fresh basil  
salt and pepper to taste

DIRECTIONS:

In a medium bowl, mix together the artichoke hearts, tomatoes, onion, olives, garlic, salt, and pepper. Serve chilled, or at room temperature, with tortilla chips.

### **Citrus Salsa**

#### **INGREDIENTS:**

- \* 4 roma tomatoes
- \* 2 large oranges, peeled and diced
- \* 1 large Vidalia onion, peeled and chopped
- \* 2 jalapeno peppers, seeded and minced
- \* 2 tablespoons fresh lime juice
- \* 1/4 cup fresh orange juice
- \* 3 (1 gram) packets SLENDA®
- \* 1 tablespoon chopped fresh cilantro
- \* 1 teaspoon salt

#### **DIRECTIONS:**

Bring small saucepan of water to a boil. Blanch tomatoes for 30 seconds, and then rinse with cold water. Peel and chop tomatoes. Place all ingredients in a large bowl and stir until mixed thoroughly. Allow to stand at room temperature for one hour. Mix and serve. Refrigerate any unused salsa.

### **Fruit Salsa Recipe**

1 cup chopped peeled pineapple  
1 cup chopped peeled mango  
1 cup chopped yellow or red bell pepper.  
2/3 cup chopped peeled kiwi fruit  
1/2 cup finely chopped red onion.  
1/4 cup finely chopped fresh cilantro  
1 teaspoon fresh lime juice.  
1/2 teaspoon minced Serrano chili (with seeds)  
Ground white pepper.

Directions: Combine all ingredients in medium bowl. Season with white pepper and salt. Can be made 3 hours ahead. Makes about 4 cups.

### **Cucumber Salsa**

#### **INGREDIENTS:**

2 cucumbers - peeled, seeded and chopped  
1 cup sour cream  
1 cup plain yogurt  
1/4 cup chopped fresh parsley  
1/4 cup chopped fresh cilantro  
1 teaspoon ground cumin  
1/2 teaspoon salt

#### **DIRECTIONS:**

In a medium bowl, combine the cucumber, sour cream, yogurt, parsley, cilantro, cumin and salt. Mix well. Cover and refrigerate for 2 hours before serving.

## Eggplant Salsa and Homemade Pita Chips

### INGREDIENTS:

4 medium eggplants  
1 large red bell pepper, halved and seeded  
4 large tomatoes, seeded and diced  
1 clove chopped fresh garlic  
1 lime, juiced  
salt and pepper to taste  
1/4 cup chopped fresh cilantro  
1/4 cup olive oil  
1 (10 ounce) package pita bread rounds  
1/4 cup butter, melted

### DIRECTIONS:

Preheat the oven to 400 degrees F (200 degrees C). Slice the tops off of the eggplants, and place on a baking sheet with the red pepper halves. Drizzle with olive oil to lightly coat.

Bake for about 40 minutes in the preheated oven, until eggplant is tender. Remove from the oven, and place the eggplant and peppers into a large resealable bag. Seal, and let sit for 15 minutes to loosen the skin. Remove from the bag, peel off the skins, and dice the eggplants and pepper.

Transfer to a large bowl.

Place the tomatoes, and garlic in to the bowl with the roasted vegetables, and season with salt, pepper and cilantro. Mix until well blended. Set aside.

Set the oven to 300 degrees F (150 degrees C).

Peel apart the pita breads into two thin circles. You may cut off the edges to make it easier. Brush melted butter onto what used to be the inside, and stack together. Cut into strips, then cut across at a diagonal to make diamond shapes. If you have kitchen scissors, it will be easy. Place them on a baking sheet. Bake the pita chips for 5 to 10 minutes in the preheated oven, until lightly toasted. Stir occasionally if they overlap.

### **Fresh Apple Salsa**

**INGREDIENTS:**

2 tart apples, cored and cubed  
4 tablespoons lime juice  
1 fresh jalapeno pepper, seeded and sliced  
1 fresh Anaheim chile, seeded and sliced  
1/2 medium onion, finely chopped  
2 tablespoons coarsely chopped fresh cilantro  
1/2 cup chopped walnuts, lightly toasted  
2 tablespoons fresh ginger, peeled and thinly sliced  
1/4 teaspoon salt

**DIRECTIONS:**

In a large bowl, stir together apples and lime juice. Stir in jalapeno and Anaheim chile slices. Stir in onion, cilantro, walnuts, ginger, and salt. Mix thoroughly.

### **Jalapeno Mango Salsa with Vanilla and Lime**

**INGREDIENTS:**

1 mango, peeled and finely chopped  
1 kiwi, peeled and finely chopped  
2 green onions, thinly sliced  
1 jalapeno pepper, seeded and minced  
1 tablespoon sugar  
2 teaspoons lime juice  
1 teaspoon McCormick® Pure Vanilla Extract

**DIRECTIONS:**

Combine all ingredients in a medium bowl. Let stand 5 minutes for flavors to blend. Serve with grilled chicken or fish, or serve with tortilla chips as a refreshing appetizer.

### **Kiwi Fruit Salsa**

#### INGREDIENTS:

- 1 cup balsamic vinegar
- 1 Spanish onion, finely chopped
- 1 banana, peeled and chopped
- 2 oranges - peeled, seeded and chopped
- 4 kiwis, peeled and chopped
- 1 serrano pepper, chopped

#### DIRECTIONS:

Heat 1/2 balsamic vinegar in a medium saucepan over medium high heat. Slowly cook and stir onion until soft. Stir in banana. Use remaining balsamic vinegar as needed to keep the mixture moist. Stir in oranges, kiwis and serrano pepper. Cook and stir until all ingredients are soft.

### **Raspberry Salsa**

#### INGREDIENTS:

- 2 cups fresh raspberries
- 1/4 cup chopped sweet onion
- 3 teaspoons finely chopped jalapeno chile peppers
- 1 clove minced garlic
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon white sugar
- 3 tablespoons fresh lime juice

#### DIRECTIONS:

In a medium bowl, mix together raspberries, sweet onion, jalapeno chile peppers, garlic, cilantro, white sugar and lime juice. Cover and chill in the refrigerator at least 1 hour before serving.

If you enjoy salsa, make sure to visit our website at [www.traversebayfarms.com](http://www.traversebayfarms.com) to learn more about our awarding salsas.



Here in addition to offering great tasting salsa, we also have a complete line of super fruit products including dried fruits (cherries, blueberries, strawberries and more), cherry juice concentrate, juice-sweetened jams and fruit spreads. We also offer the entire line of the Fruit Advantage super fruit supplements. The Fruit Advantage line of super fruit supplements includes:

The Fruit Advantage super fruit supplement line includes:

- Fruit Advantage Tart Cherry Joint Formula for healthy joints\*
- Fruit Advantage Wild Blueberry Brain Support for healthy brain function\*
- Fruit Advantage Pomegranate Heart Health for a healthy cardiovascular function\*
- Fruit Advantage Cranberry/Flaxseed Women's Formula for healthy urinary tract health\*
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Visit Traverse Bay Farms to learn more about the natural health benefits of super foods and super fruit products at [www.traversebayfarms.com](http://www.traversebayfarms.com) or [www.fruitadvantage.com](http://www.fruitadvantage.com). You can also contact the company toll-free at 1-877-746-7477.