

HOW TO MAKE QUICK AND EASY SALSAS

MAKING THE CUT - Most cooks will agree – knives are one of the most important tools in the kitchen. Understanding the various knives, cuts, and safety tips can make cooking a pleasurable experience.

Follow these suggestions to sharpen your knife knowledge.

THE GRIP

01

Grip the handle with all four fingers and hold the thumb gently but firmly against the blade's spine.

02

Grip the handle with all four fingers and hold the thumb gently but firmly against the side of the blade.

03

Grip the handle with three fingers, rest the index finger flat against the blade on one side, and hold the thumb on the opposite side to give additional stability and control.

04

Grip the handle overhand, with the knife held vertically – this grip is used with a boning knife for meat fabrication tasks.

KNIFE SAFETY 101

- + Dry your hands. Make sure your hands are dry before using a knife so it won't slip while in your hand.
- + Prevent slipping. Set a towel between the cutting board and the counter top to prevent the board from slipping.
- + Use the right knife for the job. A paring knife for peeling and coring, a chef's knife for chopping and slicing.
- + Chop carefully. Curl your fingers under on the hand holding the food to avoid cuts. Move your hand along as the knife cuts the food.
- + Avoid distractions while cutting. Keep your eyes what you're cutting until you're done to avoid accidents.
- + Don't catch it. If you're handling a knife and you drop it, step back and let it fall, don't try to catch it.
- + Keep clear. Never put a knife in a sink full of water. You or someone else may get hurt while reaching into the sink.
- + Store responsibly. Don't leave knives loose in a drawer unless they're in a sheath. Ideally, you should store knives in a knife block or on a magnetic rack.

WHAT'S THE BEST KNIFE TO HAVE IN MY KITCHEN?

There are many types of knives but *if you only have one, a chef's knife (usually 8-inch or 10-inch) is the best because it's so versatile.* We suggest a paring knife as the second addition to your kitchen toolbox, as it is much smaller and good for cutting or peeling smaller, delicate foods.

THE CUT

CHOP

This is a chunky type of cut.

If a recipe says "coarsely chop", your pieces should be bigger.

DICE

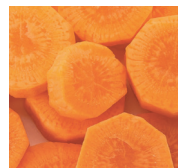
A smaller cut than "chop" (usually less than ½-inch cubes), *food should be the size of playing dice.* Sometimes this is called "finely chopped." Diced foods cook faster than chopped foods.

MINCE

A very small cut, food is *cut into very tiny pieces.* Foods that are often minced include garlic, onions and fresh ginger.

JULIENNE

A long, thin cut; *your pieces should look like long match sticks.* This cut is often used on vegetables that you can eat raw like carrots or leafy herbs like basil.



RECIPE

FRESH FRUIT & AVOCADO SALSA

Ingredients: (4 servings, 1½ cups each)

½ cup	Fresh Mango, 1/4" dice
½ cup	Kiwi, 1/4" dice
1 each	Avocado, 1/4" dice
2 Tbsp	Cilantro, chopped
2 Tbsp	Red Onion, 1/4" dice
¼ ea.	Serrano or Jalapeno, remove stem, seeds, mince
1 ea.	Lime Juice, fresh, to taste
½ tsp	Kosher Salt

Directions

Preparation time = 10 minutes

1. Rinse uncut produce in fresh water. Peel mango, cut around pit and 1/4" dice. Peel kiwi skin and cut into 1/4" dice. Remove avocado pit and skin, cut into 1/4" dice. Rinse cilantro well to remove dirt and sand. Chop or tear the leaves. Cut the red onion into 1/4" dice. Remove serrano pepper stem, seeds and mince. Cut lime in half, squeeze or use a citrus juicer. Remove any seeds.
2. Combine all ingredients in mixing bowl, taste and season with additional lime or serrano if desired.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
92	6g	1g	11g	1g	4g	237mg

RECIPE

GREEK SALSA, KALAMATA OLIVES, & FETA CHEESE

Ingredients: (4 servings, 1½ cups each)

2/3 cup	English Cucumber, seedless, ¼ inch dice
2/3 cup	Grape Tomato, quartered
1/3 cup	Kalamata Olives, pits removed
2 Tbsp	Red Onion, ¼ inch dice
¼ cup	Feta Cheese, crumbled
¼ tsp	Oregano, fresh, chopped and/or basil leaves, julienne
1 Tbsp	Fresh Italian Parsley, chopped
1 Tbsp	Red Wine Vinegar
1/8 tsp	Kosher Salt
¼ tsp	Pepper

Directions

Preparation time = 10 minutes

1. Rinse uncut produce in fresh water. Partially peel cucumber and ¼ inch dice. Quarter tomatoes. Chop olives. Dice the red onion, ¼ inch dice. Chop or tear the oregano leaves. Chop or tear the parsley.
2. Combine all ingredients in mixing bowl, taste and adjust seasonings.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
52	4g	2g	3g	2g	1g	313mg