

## **Chef Tyrone's Watermelon Salsa**

PREP: 5 MINS (plus marinating time) YIELD: 4 cups

*2 cups Watermelon (finely chopped and seeded)\**

*1 cup Crushed pineapple, well drained (see Note below)*

*1 cup Sweet onion, minced*

*¼ cup Chopped fresh cilantro*

*¼ cup Orange juice, preferably freshly squeezed*

*¼ tsp. Hot sauce, such as Tabasco (or less, according to taste)*

*Small pinch of salt, to taste*

*Optional add-ins: chopped (seeded) tomatoes, chopped strawberries, crumbled feta or goat cheese, fresh mint (chopped), fresh basil (julienne), ½ Jalapeno (finely minced), toasted pumpkin seeds*

\*do not puree the watermelon or process in a food processor.

### **Instructions:**

1. In a large mixing bowl stir all of the ingredients together.
2. Cover with plastic wrap and refrigerate for at least 30 minutes before serving.

### **Notes:**

In addition to the pineapple, try adding a variety of other tropical fruit, for instance finely chopped fresh papaya, fresh mango, canned lychee or canned longan fruit, which can be found in the International Foods aisle of the grocery store.

## **Chef Tyrone's Cucumber Salsa**

PREP: 5 MINS (plus marinating time)    YIELD: 4 cups

*2 medium Cucumbers, peeled, seeded and chopped*

*2 medium Tomatoes, seeded and chopped*

*½ cup chopped Green bell pepper*

*1 Jalapeno chile, seeded and minced*

*1 Small onion, finely chopped*

*1 clove Garlic, minced*

*2 Tbsp. Lime juice*

*1 tsp. Minced fresh parsley (or to taste)*

*2 tsp. Minced fresh cilantro (or to taste)*

*Minced fresh mint, to taste*

*½ tsp. Dried dill*

*Small pinch salt*

### **Instructions:**

1. In a medium bowl, stir together all of the ingredients.
2. Cover with plastic and refrigerate for 1 hour before serving.

### **Notes:**

To amp up the flavor of the cucumber, sprinkle with a pinch of celery seeds. Other optional ingredients are chopped red pepper, sliced scallions, toasted chopped peanuts, a dash of sesame oil, and chopped fresh ginger.

### **Equipment List:**

Apron  
Cutting board  
Chef's knife  
Large mixing bowls  
Large spatula or spoon  
Large baking sheet  
Parchment paper or aluminum foil  
Plastic wrap