

4 jalapeno chilies

Dash of tequila (for the daring!)

Blend all ingredients in a clear glass bowl. Cover and refrigerate. This salsa is an especially simple and bright salsa that can be served both as an appetizer and over a thick, meaty fish. The lime accents and kick of the tequila make this a great salsa to share with friends.

AVOCADO AND SUNFLOWER SEED SALSA

Toasted sunflower seeds give this salsa a great crunchy texture and complement a grilled pork tenderloin wonderfully. This salsa is also a delicious addition for picnics that can be served with fresh vegetables for dipping, or simple water crackers.

1 cup roasted sunflower seeds (roasting instructions follow)

1 chopped red pepper

1 chopped yellow pepper

2 chopped garlic cloves

1 chopped chili (your pick depending on spiciness you desire)

3 large semi-firm avocados, pitted and diced

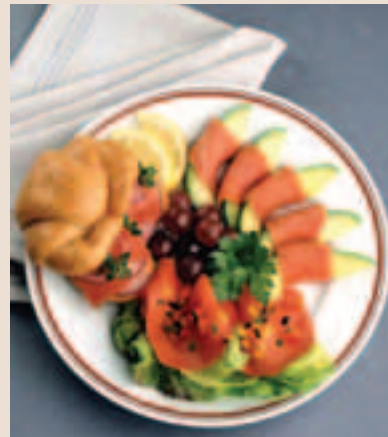
3 tbs. lime juice

Preheat oven to 450 degrees. Spread the sunflower seeds on a baking sheet and bake until golden brown. Approximately 4-5 minutes. Roast all three of the peppers and the chili until charred (this can be done on an electric range, on your grill, or over a gas burner).

Peel off the skins and chop into coarse chunks. Mix remaining ingredients in a glass bowl, stir and refrigerate. Flavors typically take two hours to meld together. This salsa will keep for three days, but is best served the day it's made.

OLÉ!

—Lisa Carroll & Debi Lynes



Cool drinks, delicious appetizers, and spicy peppers add up to one "mucho caliente" salsa party!



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