

Red, White, & Blue Salsa with an optional “kick”



1/2 cup fresh blueberries, chopped
1/2 cup fresh blueberries, whole
1/2 red bell pepper, seeded & diced
1/4 red onion, diced
1 jalapeno pepper, seeded & minced (optional)
3 Tbsp. fresh minced parsley
2 Tbsp. fresh minced mint (optional)
1 Tbsp. lemon juice
Pinch of salt

- Use a Tupperware Quick Chef Pro and/or Chop ‘n Prep to chop the blueberries, bell pepper, onion, and jalapeno. Save the herbs to mince just before you add them.
- Combine all ingredients except the herbs in a Tupperware bowl.
- Refrigerate until ready to use. This can be made up to a day in advance.
- Just before serving, mince the parsley and mint in a Tupperware Chop ‘n Prep and add to the rest of the salsa.

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