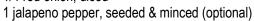
Red, White, & Blue Salsa

with an optional "kick"

1/2 cup fresh blueberries, chopped1/2 cup fresh blueberries, whole1/2 red bell pepper, seeded & diced1/4 red onion, diced



- 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.
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• 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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- 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)
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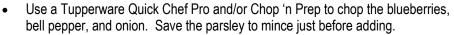


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