

RECIPE OF THE WEEK

Ideal Protein Salsa

Ingredients

- 1 cup Tomato
- 1 cup Red pepper
- 1 cup Cucumber
- 1/4 cup Red onion – finely diced
- 1/4 Cilantro – minced
- 2 tsp Lemon juice
- 1 Jalapeno Pepper – minced
- 2 tsp Ideal Salt



Preparation

1. Dice tomato, cucumber, and red pepper
2. Mix all ingredients together
3. Refrigerate the mix for at least 2 hours so that the flavors combine
4. Serve with Ideal Protein Nacho, Sweet Chilli, Ranch Dorados

