

# Garden & Sea Salsa

## Ingredients:

- 2 Cups Chopped Vine Ripened Tomatoes
- 2 Tbsp. Chopped Red Onion
- 2 Tbsp. Serrano Chiles, minced
- 1/4 Cup Cilantro, coarsely chopped
- 1/4 Cup Lime Juice
- 2 tsp. **Carlson Very Finest Fish Oil (Lemon Flavor)**
- sea salt & fresh ground pepper, to taste

## Directions:

Mix all the ingredients together and let sit for 30 minutes to blend the flavors. Be careful when mincing chiles; they are pretty hot! For a milder salsa, use jalapeno pepper. Or for very mild salsa, use green bell pepper.

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