
Susan's Summertime Salsa (Vegan, Gluten-Free, Nut-Free, Soy-Free)

Susan Russo, Fit Fare - Try this salsa after a trip to your local farmers' market, and feel free to substitute ingredients to suit your taste.

Ingredients:

- 1 cup diced cantaloupe
- 1 cup diced mango
- 1 cup diced red or yellow bell pepper
- ½ cup red or yellow cherry tomatoes, quartered
- ½ cup chopped cucumber (peeled and de-seeded)
- 1 ear of fresh sweet corn (cut from cob)
- ¼ cup diced red onion or scallions
- 2 Tbsp fresh lime juice (about one small lime)
- Pinch of lime zest
- 1 Tbsp fruity olive oil
- 2 tsp fresh grated ginger (about a 1-inch sized piece)
- 2 Tbsp minced jalapeno, with or without seeds
- Salt

2 Tbsp each chopped fresh cilantro, mint, and basil Combine the first 7 ingredients in a bowl, and toss gently to blend. Combine the lime juice through the salt in a small bowl; whisk until fully blended. Pour on top of the fruit mixture. Allow to rest for at least 45 minutes to an hour so the flavors will mingle. Serve either at room temperature or chilled. Stir in the chopped fresh herbs just before eating so they don't turn brown. Note: Fresh sweet corn on the cob can be eaten raw, which is delicious and crunchy. If you've never tried it before, then give it a go. You'll be glad you did. Also, if you don't like the intensity of raw onions, simply pour some boiling water over them to remove their pungency, or sauté in a bit of olive oil. Serving suggestion: Pair with grilled tofu, meats, such as steak, and seafood, such as shrimp or white fish. Also, try it on top of cooked grains, such as quinoa, couscous, or bulgur wheat. Susan writes for Fit Fare on the Well Fed Network, and her own fantastic blog, Food Blogga!