



Banana Salsa

Makes approximately 2 cups

This is the easiest way to use up those extra bananas. Especially great with mild, flaky fish or poultry, this surprising salsa is an easy fix to wake up your taste buds and brighten otherwise plain meals. Because the nut oils can vary in intensity, start with half the recommended nut oil and add additional oil to suit your individual taste. To prevent the salsa from browning, cover with plastic wrap pressing the wrap directly onto the surface of the salsa. Store in the refrigerator for up to 2 days.

Ingredients:

- 4 Red Bananas; firm but ripe (or substitute 2 yellow, firm but ripe bananas)
- 2 teaspoons jalapeno or other hot chile, seeded and finely chopped
- 2 green onions, white and light green parts only, finely chopped
- 1/4 cup red or green bell peppers (or a combination of both), seeded and finely chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon brown sugar (or to taste depending on the sweetness of your bananas)
- 1 teaspoon finely chopped crystallized ginger
- 2 teaspoons peanut, hazelnut, walnut, sesame or other nut oil
- Chopped pecans, for garnish

Preparation:

Combine the ingredients in a medium, non-reactive bowl. Gently mix to combine. Taste and adjust seasonings. Serve within one hour to prevent banana from browning.

courtesy of www.TheresAChefInMyKitchen.com