

**Ingredients:**

6 large, ripe plum tomatoes, chopped  
1 large cucumber, peeled & chopped  
1 large red or orange bell pepper, seeded & chopped  
1/2 large sweet onion, chopped  
2 Tablespoons lemon juice  
2 Tablespoons olive oil  
1 Tablespoon vinegar  
Fresh basil, to taste  
2-3 cloves garlic, or to taste  
Salt & pepper, to taste

**Other options:**

1 small jalapeno pepper, seeded  
Fresh cilantro instead of basil  
Lime juice instead of lemon juice

**Directions:**

1. Wash all vegetables thoroughly.
2. Combine tomatoes, cucumber, pepper & onion in food processor & process until fairly smooth.
3. Add the remaining ingredients & season to taste.

Serve chilled.



Recipe created by Family & Community Health Sciences, Rutgers Cooperative Extension  
[njaes.rutgers.edu/fchs](http://njaes.rutgers.edu/fchs)

*FCHS - Promoting Healthy Families, Schools & Communities*

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