

## Lebanese Salsa

This salsa can be used with steamed vegetables, or as a dip for crudité . You can also serve it with chicken or fish when not on the cleanse. It is full of fresh herbs for a light taste.

Makes about 2 cups

¼ cup olive oil  
1 medium onion, minced  
4 cloves garlic minced  
3 medium tomatoes, cut into ¼ " dice  
2 cups lightly packed parsley leaves, chopped  
1 jalapeno, minced  
1 Serrano, minced (optional if you like a little heat)  
1 Tb ground coriander  
¼ tsp Celtic sea salt

- Heat oil on low, add onion and garlic stirring for 5 minutes.
- Add the jalapeno and Serrano, cook for 5 minutes more until onions are soft.
- Turn off the heat add in the tomatoes, cilantro, parsley and coriander.
- Season with salt .