

Salal salsa:

1 cup fresh or frozen salal berries

¼ chopped red onion

1/3 cup fresh cilantro

Serrano pepper

1T lime

1-2T vinegar

1 avocado (optional)

salt and pepper

Chop the salal, red onion, Serrano (to taste), and lime together in a food processor (or chop by hand and mix), add vinegar and salt and pepper to taste. Cube the avocado (if using) and mix into the salsa.

<http://www.kwiaht.org/FoodSecurity.htm>