

# Black Olive Salsa with Corn Chips

10 ingredients · 15 minutes · 4 servings



## Directions

1. Sauté the onions with the olive oil in a medium frying pan until slightly translucent.
2. Add the tomatoes, honey, garlic, and oregano. Continue to cook on medium heat. If using, add the chicken or tuna or beans and cook until juice has evaporated.
3. Remove from the heat and add the olives and pineapple. Season to taste with sea salt and pepper.
4. Place the mixture in the centre of a plate and place the corn chips around it. Serve while still warm

## Notes

### Make it into a Meal

Add 1 cup leftover roast chicken, chopped or canned tuna (drained and rinsed) or canned, cooked Chickpeas (Garbanzo beans, drained and rinsed)

### No Pineapple?

• If the pineapple in the recipe does not appeal to you, then eat it just before the meal or just after to get the digestive benefit. Mango or papaya will also work in this recipe.

### Avoiding Corn Chips?

• If corn chips are not your thing, then try whole grain pita chips or your favourite whole grain cracker.

### Have a cold? Try this tip with garlic

• If you want to consume some raw garlic, then only use one clove while cooking and add the other when the mixture has finished cooking on the stove, at the same times as the black olives and pineapple.

### Have your own Olive Tree?

• Olives are green first and then ripen to become black olives

### Love Cheese?

Add 1/4 cup of cheddar to your meal and melt under the grill

## Ingredients

1 tbsp	Extra Virgin Olive Oil
1/2	White Onion (diced)
1 1/2 cups	Crushed Tomatoes
2 tsp	Raw Honey
2	Garlic ((2 cloves) chopped)
2 tsp	Oregano
1/2 cup	Pitted Kalamata Olives
1/2 cup	Pineapple
1/4 tsp	Sea Salt
1/2 tsp	Black Pepper

## Nutrition

<b>Calories</b>	109	Calcium	62mg
<b>Fat</b>	6g	Iron	3mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0mg
Monounsaturated	4g	Riboflavin	0mg
<b>Carbs</b>	15g	Niacin	1mg
Fiber	3g	Vitamin B6	0mg
Sugar	9g	Folate	19µg
<b>Protein</b>	2g	Vitamin B12	0µg

Cholesterol	0mg	Phosphorous	38mg
Sodium	442mg	Magnesium	24mg
Potassium	327mg	Zinc	0mg
Vitamin A	273IU	Selenium	1µg
Vitamin C	20mg		