

Doc's Healthy Chia Salsa

1 tablespoon + 1 teaspoon chia seeds

1teaspoon minced garlic

1 teaspoon minced onion

1 teaspoon crushed red pepper (optional)

1 teaspoon turmeric powder (optional)

1 quart of your favorite salsa (storebought or homemade—Doc's favorite is the HEB brand "HOT")

4 yellow corn tortillas (check ingredients to be sure there are no "bad" oils or trans fats)

1 tablespoon olive oil

Very lightly coat corn tortillas with olive oil, then sprinkle with 1 teaspoon chia seeds; lightly toast, then break into dipping-size pieces.

Mix salsa, 1 tablespoon chia seeds, garlic, onion, red pepper and turmeric (if using); stir well, and serve cold or hot (Doc prefers it chilled).

This is a very healthy, tasty recipe to serve 2 to 4 people. To make [Doc's Favorite Salad Dressing](#), add 1-2 tablespoons of extra-virgin olive oil to 1 pint of salsa and stir well. Doc's Chia Salsa is a great base for salad dressings and dips. As always, portion size is key!!



Center for Health and Vision

Kenneth Lester Malamud, M.D.

Paulette LeCompte Malamud, R.N.

**Holistic Eye Care for the Family
Quality Eyewear**

1001 Buchanan Dr., Ste. 3

Burnet, TX 78611

512-715-EYES (3937)