

Happy Cinco de Mayo! At CTI we are celebrating with homemade salsa!

Glenda's Blazing Black Olive and Basil Salsa!

Pictured is the excellent salsa made by Glenda Daniel and Dr. Francisco Arredondo (AKA "Paco").



Some of our staff bravely tried Glenda's salsa and here are a few of their comments –

Donna "Blazzzzing!" - Mr. Capps "Dang Hot!" – Dickson "Dihydrocapsaicin!" - Skylar "Delicioso!" – Paco "IEXQUISITA!" – Jenny "Caliente!" – David "Fantastico!"

Glenda (Sample Receiving Technician) has been with CTI since 2007. She has lived in NC most of her life and has been making salsa for as long as she can remember. She makes it with fresh ingredients and loves to grow her own herbs.

Dr. Arredondo (AKA "Paco") (Bio-Markers Manager) has been with CTI since 2005. He was born in Mexico (Tijuana) and moved to the US in 1979. He remembers celebrating Cinco de Mayo growing up in Mexico with traditional food, friends and piñatas.

So what makes that salsa soooo hot? Peppers! Glenda uses lots of Habaneros and Jalapeños! Most of us love the little "kick" we get when we take a bite. It burst in your mouth and ravishes your tongue making hot peppers among the greatest flavors in the world. That "kick" we all love and crave comes from a compound called **Capsaicin** that is found in all hot peppers. When preparing your dish put all of the pepper in, including the fleshy part called the placenta tissue (which holds the seeds). It is sixteen times hotter than the rest of the pepper – most people usually toss these parts away. No way!!! If you are looking for that "kick" try it and see what you get!

CTI Nutrition Lab routinely tests for a wide range of **carotenoids**, including **Capsaicinoids**. Capsaicin is the main capsainoid in peppers.

Some content found on Wikipedia.