



Tropical Fruit Salsa

Prep: 15 minutes Cook: 0 minutes Total: 15 minutes

Yield: 8 servings Serving Size: ½ cup

Ingredients

1 mango (about 1 cup; can substitute frozen mango, chopping as needed)

½ pineapple (about 2 cups; can substitute frozen or canned pineapple, chopping as needed)

1 medium red bell pepper (about 1 cup)

1 jalapeño pepper

1 lime, juiced (about 2 tablespoons)

1 tablespoon minced fresh cilantro

¼ teaspoon salt

Directions

1. Cut a thin slice off the top and bottom of the mango. Place the mango up on one of the cut sides. Cut along the wide sides of the pit, cutting the flesh away on both sides.
2. Use a paring knife to score the flesh into a grid pattern, going all the way down to the skin without cutting through. Use a large spoon to scoop the flesh away from the peel and into a large bowl.
3. Cut the top and the base off the pineapple. Place the pineapple upright on one of the cut sides. Slicing downward and working in sections, cut the skin away from the flesh.
4. Quarter the pineapple vertically. Then, using the same downward slicing motion, cut the core away from the flesh.
5. Cut half of the pineapple flesh into a small dice and add to the bowl with the mango. Reserve the remaining pineapple for another use.
6. Remove the seeds and ribs from the red bell pepper and the jalapeño. Mince and add to the bowl.
7. Mix in the lime juice, cilantro, and salt.
8. Serve at room temperature or chilled, with whole-grain tortilla chips or as a topping for tacos, chicken, or fish.

Nutrition Facts Per Serving: Calories: 45 Total Fat: 0g Saturated Fat: 0g Sodium: 80mg Total Carbohydrate: 11g Dietary Fiber: 2g Protein: 1g

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