

PINEAPPLE SALSA

INGREDIENTS

- 2 fresh medium **tomatoes** (about 1 pound)
- ½ small **round onion**
- ⅓ cup chopped **Chinese parsley (cilantro)**
- Optional: 1 **chili pepper**
- 1 tablespoon **lime juice**
- 1 (8 ounce) can **crushed pineapple**
- Optional: ¼ teaspoon **salt**

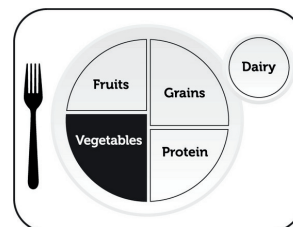
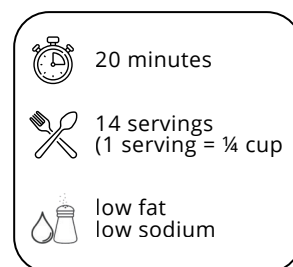
DIRECTIONS

Always practice food safety when cooking.

- 1) Chop tomatoes into ½ inch pieces. Set aside.
- 2) Dice onion into ¼ inch pieces. Set aside.
- 3) Finely chop Chinese parsley. Set aside.
- 4) Optional: Mince chili pepper. Set aside.
- 5) Drain pineapple.
- 6) In a medium bowl, combine tomatoes, onion, Chinese parsley, chili pepper (optional), lime juice, pineapple, and salt (optional). Mix thoroughly.
- 7) Refrigerate for at least 30 minutes to allow flavors to combine.

NOTES

- Canned whole, diced, or stewed tomatoes may be used in place of fresh tomatoes, but will result in a softer salsa. Drain the canned juices before using.
- For a mild salsa, use banana peppers or canned diced green chili peppers. For a medium-hot salsa, use finely chopped canned jalapeno. For a hot salsa, use finely chopped fresh jalapeno, serrano, or Hawaiian chili pepper. Chili pepper flakes can also be used.
- Ripe mangoes can be used in place of the pineapple.
- More lime juice can be added if preferred.
- Salsa is traditionally used as a dip for chips, but can also be used as a dressing on salads when combined with a creamy sauce such as plain Greek yogurt, low-fat sour cream, or guacamole.



Nutrition Facts	
14 servings per container	
Serving size	1/4 cup (51g)
Amount per serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber	1g 4%
Total Sugars	3g
Includes	0g Added Sugars 0%
Protein 0g	
Vitamin D	0mcg 0%
Calcium	5mg 0%
Iron	0mg 0%
Potassium	93mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.