

WHAT'S IN SEASON



PINEAPPLE SALSA

INGREDIENTS:

- 1 medium pineapple, diced (about 3 cups)
- 1 red bell pepper, diced
- ½ medium onion, diced
- 1 medium jalapeno pepper, seeded and diced (optional)
- ¼ cup fresh cilantro, chopped
- 3 Tbsp fresh lime juice
- ¼ tsp sea salt

DIRECTIONS:

- In a medium serving bowl, combine the pineapple, bell pepper, onion, cilantro, and jalapeño. Add the lime juice and salt, and stir to combine.
- Season to taste with additional lime juice (for zing) and/or salt (for more overall flavor) if it doesn't taste amazing just yet.
- For best flavor, let the pico de gallo rest for 10 minutes or longer before serving. It's best served fresh but keeps well, chilled, for up to 4 days.

* Gluten Free: This is already a gluten free recipet.



NUTRITIONAL FACTS

7 SERVINGS (1/2 cup)
Calories: 50
Protein: 1 grams
Carbohydrates: 11 grams
Fat: 1 grams

CALORIE CONSIDERATIONS:

Since this is a side dish, there are no calorie considerations. But this is delicious on top of any type of grilled poultry or fish!