

Salsa

Caribbean Salsa

Try-Foods International - Apopka, FL

Servings: 6

Start to Finish Time: 30 minutes

2 cups fresh or canned pineapple, chopped

2 yellow or red bell peppers, seeded and chopped

3 kiwifruit, peeled and chopped

1 small red onion, finely chopped

1 cup mango, peeled and chopped

1/4 cup fresh cilantro, finely chopped

2 teaspoons jalapeno pepper, seeded and chopped

juice of one lime

In a bowl, combine the pineapple, bell peppers, kiwi, onion, mango, cilantro, jalapeno and lime juice.

Cover and chill for two hours.

Serve with fish or chicken.

Per Serving (excluding unknown items): 28 Calories; trace Fat (3.4% calories from fat); trace Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit; 0 Fat.