

## **Pineapple Salsa**

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**3 tomatoes, chopped**  
**1 jalapeno, seeded and diced**  
**1 red onion, diced**  
**1 cup pineapple, diced**  
**4 tablespoons cilantro, chopped**  
**1/4 teaspoon ground cumin**  
**1/4 teaspoon ground allspice**  
**pinch sugar**  
**salt (to taste)**

In a small bowl, combine the tomatoes, jalapeno, onion, pineapple, cilantro, cumin, allspice, sugar and salt. Mix well.

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Per Serving (excluding unknown items): 242 Calories; 3g Fat (8.7% calories from fat); 7g Protein; 55g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 56mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 6 Vegetable; 1 Fruit; 0 Fat.