

## Salsa

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# Pomegranate Orange Salsa

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**Preparation Time: 10 minutes**

**1 can (15 oz) mandarin oranges**

**3 1/2 cups pomegranate seeds**

**1/4 cup fresh cilantro, minced**

**2 jalapeno peppers, seeded and finely chopped**  
**tortilla chips**

Drain the oranges, reserving two tablespoons of juice.

Cut the oranges in half. Transfer to a large bowl.

Add the pomegranate seeds, cilantro, jalapenos and reserved juice.

Cover and refrigerate for 2 hours.

Serve with tortilla chips.

Yield: 4 cups

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Per Serving (excluding unknown items): 46 Calories; trace Fat (5.4% calories from fat); 1g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit; 0 Fat.