



A Nutrition Resource

CREATE YOUR OWN FRUIT SALSA

Yield: 6 Servings | Serving Size: 1/4 cup

Cost/Serving: \$0.35

Ingredients:

2 cups chopped fresh fruit (melon [honeydew, cantaloupe, or watermelon], pineapple, mango, peach, strawberries, or papaya) or 1 (16- to 20- ounce) can pineapple or peaches, drained and finely chopped
1 cup peeled, seeded, and chopped cucumber (optional)
1/4 cup finely chopped red or white onion
1/2 cup chopped red or green bell pepper (optional)
2 Tablespoons to 1/4 cup fresh mint or cilantro, finely chopped (optional)
1/2 to 1 fresh hot chili, jalapeno, or Serrano, seeded and finely chopped or use Tabasco™ or other hot sauce to taste
2 Tablespoons to 1/4 cup lime juice or lemon juice
White or brown sugar (optional)
Salt and pepper (optional)

Directions:

- 1) In a medium size bowl, stir together all ingredients.
- 2) Taste and season with more sugar and lemon or lime juice if needed. Add salt and pepper, if desired.
- 3) Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken.

Caution: *When handling hot peppers, the oils can cause burning and skin irritation. You can wear clean kitchen gloves or wash hands thoroughly after preparing. KEEP HANDS AWAY FROM EYES.*

Nutrition Facts

6 servings per container
Serving size 0.25 cup (71g)

Amount per serving
Calories 25

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 136mg	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.



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