

PINEAPPLE-MANGO SALSA

Yield: 6 Cups (2 Tbsp./Serving)



TOTAL TIME: 2 hours, 25 minutes

YOU WILL NEED: A food processor

INGREDIENTS

- 4 cups (or ½ of a whole) Food You Feel Good About Cored Pineapple, ¼-inch dice
- 1 pkg. (9 oz.) Food You Feel Good About Mango Chunks, or 1 whole mango, ¼-inch dice (2 cups)
- 1 jalapeno pepper, seeded, cored
- ½ small (2 oz.) red onion, peeled
- Juice of 2 limes (about 3 Tbsp.)
- 3 Tbsp. Cilantro, finely chopped
- 2 Tbsp. Food You Feel Good About Fresh Mint, stemmed, chopped
- Salt to taste

PREPARATION

1. Combine pineapple and mango in mixing bowl; set aside.
2. Add pepper and onion to food processor; buzz once. Add lime juice; puree until smooth.
3. Add puree, cilantro and mint to pineapple-mango mixture. Toss until well mixed.
4. Chill 2 hours before serving.

NUTRITION

Per serving: Calories: 10; Fat: 0 g; Cholesterol: 0 mg; Carbohydrates: 3 g; Protein: 0 g; Fiber: 0 g; Sodium: 0 mg.

Recipe courtesy of Wegmans