Louisiana HARVEST of the MONTH

Pineapple Salsa

Home Recipe

Serves: 16
Prep Time: 15 minutes

Ingredients

- 3 cups pineapple, chopped
- 1 medium red bell pepper, finely chopped
- 1/2 cup red onion, finely chopped
- 1/4 to 1/2 cup cilantro, chopped
- 1/2 to 1 jalapeno pepper
- 3 Tbsp lime juice
- 1/4 tsp salt

Instructions

1) In a medium bowl, combine the chopped pineapple, bell pepper, onion, cilantro and jalapeno.
2) Top evenly with the lime juice and salt. Then toss well to combine.
3) Cover and refrigerate until ready to serve.
4) Serve with tortilla chips or as a topping for tacos.

Nutrition Facts

16 Servings Per Container
Serving Size 1/4 Cup (56g)

Amount Per Serving	
Calories	**25**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 40mg	**2%**
Total Carbohydrate 6g	**2%**
Dietary Fiber <1g	**3%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.7mg	4%
Potassium 90mg	2%

* The % Daily Value (DV) 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.

LSU AgCenter
Research · Extension · Teaching

For More Information
louisianafarmtoschool@agcenter.lsu.edu
www.SeedstoSuccess.com

This Institution is an equal opportunity provider.

SEEDS to SUCCESS
THE LOUISIANA FARM TO SCHOOL PROGRAM