

Pineapple Salsa

Ingredients:

20 ounces crushed pineapple in juice, drained
 1/2 onion
 1 cucumber
 2 tomatoes
 1 jalapeño pepper
 3 tablespoons minced fresh cilantro
 2 tablespoons red wine vinegar
 1 teaspoon vegetable oil
 1 tablespoon lime juice
 10 whole wheat tortillas, sliced and baked

Equipment:

Can opener
 Cutting board
 Knife
 Mixing bowl
 Measuring cups
 Measuring spoons

Number of Servings: 20
 Prep Time: 20 minutes
 Total time: 1 hour & 20 minutes

Directions

1. Open pineapple and drain juice. Add to large mixing bowl.
2. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side down. Slice the onion thinly keeping it together. Turn and slice again for a small dice. Add to bowl.
3. Wash and cut ends off of cucumbers. Cut into quarters lengthwise then slice. Add to bowl.
4. Wash tomato . Cut in half, remove core and chop. Add to bowl.
5. Wash a jalapeno pepper and cut it in half lengthwise. Break off stem area, seeds and white membranes and throw away. Cut pepper into slices then dice. Add to bowl. Wash hands after touching hot peppers.
6. In a separate bowl, mix vinegar, oil and lime juice. Add to other ingredients and lightly toss all ingredients together. Refrigerate for one hour before serving. Can be served with whole wheat tortillas, corn chips, or chicken.

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Nutrition Facts

Serving Size: 1/2 tortilla with filling
 Servings: 20

| Amount Per Serving | | Calories from Fat 18 | |
|---------------------------|--------------|----------------------|-----------|
| | | %Daily Value* | |
| Calories | 95 | | |
| Total Fat | 2g | | 2% |
| Saturated Fat trace g | | | 1% |
| Cholesterol | 0mg | | 0% |
| Sodium | 192mg | | 8% |
| Potassium | 96mg | | 3% |
| Total Carbohydrate | 19g | | 6% |
| Dietary Fiber 2g | | | 6% |
| Protein | 2g | | 5% |
| Vitamin A | 3% | Vitamin C | 12% |
| Iron | 4% | Calcium | 2% |

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.