

Eat Smart • Move More

Apple Salsa

Prep Time: 10 minutes

Total Time: 15 minutes



Ingredients

- 1 apple, sliced
- ½ bell pepper, diced
- ⅓ cup lime juice
- ¼ cup cilantro, minced
- ⅓ onion, diced
- 1 jalapeño pepper, minced
- 1 tablespoon honey
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt



Directions



1. Combine all ingredients in a mixing bowl. Stir well to combine.



2. Enjoy with pork, chicken, fish, or add to sandwiches for a crunch!

Quick Tips

- Make it colorful with red onion, sweet bell peppers, and different colored apples.
- Add in strawberries or kiwis for a sweeter flavor.
- The recipe suggests using tart apples, like Granny Smith, Pink Lady, or McIntosh.

Nutrition Facts

4 servings per container	
Serving size	1 serving
	(113.89g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 4g of Added Sugars	8%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 148mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Recipe from: <http://www.myrecipes.com>.)

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