

Cucumber Pineapple Salsa

INGREDIENTS

- 2 ½ cups pineapple, diced
- 1 cup cucumbers, diced
- 1 jalapeno, seeded and finely diced
- ¼ cup red onion, finely diced
- 2 tablespoons cilantro,
- 2 tablespoons lime juice
- ⅛ teaspoon salt, to taste
- ⅛ teaspoon pepper, to taste

SERVINGS: 4

TIME: 45 MINUTES



Adapted from: eatwell101.com



USDA is an equal opportunity provider, employer, and lender.
This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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PROCEDURE

1. In a large bowl, add pineapple, cucumber, jalapeno, red onion, cilantro, lime juice, salt, and pepper. Mix well to combine.
2. Refrigerate for at least 15 minutes prior to serving.
3. Serve with your favorite whole wheat cracker, tortilla chips, or on top of your favorite protein!

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