



Pineapple-Cucumber Salsa

Active: 10 min Total: 10 min Makes about 2 ½ cups

Ingredients:

1 ½ cups diced pineapple (from ½ medium pineapple)
½ English cucumber, seeds removed, finely diced
½ red onion, finely diced
½ jalapeno pepper, minced (remove ribs and seeds for a milder salsa)
½ small bunch fresh cilantro, chopped
Juice of one lime
Kosher salt and freshly ground pepper
Tortilla chips for serving

Directions:

1. Combine the pineapple, cucumber, red onion, jalapeno, cilantro, and lime juice in a large bowl. Season with salt and pepper to taste.
2. Serve with tortilla chips.

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>
<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>