



Pineapple Salsa

Prep time: 10 mins Total time: 10 mins Serves: 6

Ingredients:

2 cups chopped pineapple
½ medium sweet onion, chopped
½ red bell pepper, chopped
1 small jalapeno, seeds removed and chopped finely
¼ cup chopped cilantro
Fresh squeezed juice from one lime
Salt

Directions:

1. Mix all the ingredients except for the salt in a medium bowl until the ingredients are evenly distributed. Season with a pinch of salt.
2. Cover the bowl and place it in the refrigerator for at least one hour before serving.

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/>