

Fruit Salsa



Serves 10

INGREDIENTS

1 cup (165 grams) small dice mango

1 cup (165 grams) small dice pineapple

½ cup (75 grams) small dice red bell pepper

1 small tomato (120 grams), seeded and small dice

1 medium jalapeño, seeded and minced*

2 scallions, thinly sliced

¼ cup (10 grams/60 milliliters) chopped fresh cilantro, loosely packed

Juice of 1 large lime

Juice of ½ lemon

Kosher salt, to taste, optional

INSTRUCTIONS

1. Stir all ingredients together in a small mixing bowl.
2. Season to taste, adjusting the acidity first, then salt to taste (optional).

NOTES

- Small dice ingredients should be roughly ¼-inch cubed; see handout “Basic Cuts for Fruits and Vegetables”.
- Best when left to rest for 1 hour but can be served immediately.
- Lasts for 3 days in the refrigerator.
- You can substitute other fruit for the pineapple and mango depending on the season. Peaches and nectarines work particularly well.
- **For a spicier salsa, don't remove seeds from jalapeño.*

Nutritional Info (per ¼ cup serving): Calories 26, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 2 mg (more if adding salt), Total Carbohydrate 6.4 g, Dietary Fiber 1.1 g, Sugars 4.7 g, Protein 0.5 g, Vitamin A 3%, Vitamin C 49%, Calcium 1%, Iron 1%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.