



Blueberry Pineapple Salsa

Meal Components: Fruits

Fruits

Ingredients	50 Servings		100 Servings		Directions Process #2: Cook and Serve, Same Day Service
	Weight	Measure	Weight	Measure	
Blueberries, fresh	6 lb 5 oz		12 lb 10 oz		1. Combine blueberries, pineapple, jalapeno, lime juice, lime zest, cilantro and red onion in a large bowl. Season with additional lime juice if desired. 2. Stir gently to combine ingredients. Spread into shallow pans (12" x 20" x 2.5") to a product depth of 2" or less. For 50 servings use 2 pans. For 100 servings use 4 pans.
Pineapple tidbits, canned and drained		3/4 No. 10 can		1 1/2 No. 10 can	
Jalapeno pepper, fresh, seeds and membrane removed, minced		2 medium		4 medium	
Lime juice, fresh or bottled		1 1/2 cup		3 cups	
Lime zest		1/4 cup		1/2 cup	
Cilantro, finely chopped	1 1/2 oz	1 cup	3 oz	2 cups	
Onion, red, fresh diced	11 oz	2 cups	1 lb 6 oz	4 cups	
					3. Portion with a No. 8 (1/2 cup) scoop for a 3/8 cup serving.
					4. CCP: Keep at or below 40° F.

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Notes
 Serving suggestion: Accompany with fish, chicken or serve with whole grain tortilla chips.

Serving	Yield	
1/2 cup (No. 8 scoop) provides 3/8 cup serving fruit.	50 Servings:	Approximately 11 pounds
	100 Servings:	Approximately 22 pounds

Nutrients Per Serving					
Calories	61	Saturated Fat	.02 g	Iron	.36 mg
Protein	.7 g	Cholesterol	0 mg	Calcium	12.6 mg
Carbohydrates	15.7 g	Vitamin A	80 mg	Sodium	1.6 mg
Total Fat	.26 g	Vitamin C	12.4 mg	Dietary Fiber	1.9 g