



FRESH PINEAPPLE SALSA

SERVINGS: 144 SERVINGS CALORIES: 11 KCAL

This refreshing salsa has the perfect combination of pineapples, peppers, onions, cilantro, and lime juice! Serve on tacos, with chips and more for added flavor during your meals!

INGREDIENTS

2 # 10 cans Pineapple tidbits, canned, 100% juice
 2 pounds Bell pepper, red, AP
 2 pounds 4 ounces Onion, red, AP
 4 ounces Cilantro, fresh, AP
 1 pound (8 each) Pepper, jalapeno, AP
 2 cups Lime Juice

INSTRUCTIONS

1. Drain pineapple tidbits. Reserve juice for other recipes.
2. Rinse bell peppers and onions under running water. Dice into ½" pieces.
3. Rinse cilantro under running water and dry well using a disposable towel. Chop fine.
4. Cut jalapeno into quarters and remove seeds with spoon or knife. Cut into 1/8" dices.
5. In a mixing bowl, combine drained pineapple, diced bell pepper, diced onion, chopped cilantro, diced jalapeno, and lime juice. Toss to combine. Note: 2 lbs AP peppers equals 1 lb 9 oz EP; 2 lbs 4 oz AP onion equals 1 lb 14 oz EP onions; 4 oz AP cilantro equals almost 2 oz EP; 1 lb AP jalapeno equals 14 oz EP

RECIPE NOTES

CCP: Hold and serve at 41°F. or lower.

Portion Size: ¼ c

Crediting: 1/4 cup is 1/8 cup fruit

NUTRITION FACTS PER SERVING (0.25CUP)

Calories: 11 kcal

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.