



RASPBERRY PINEAPPLE SALSA

COURSE: CONDIMENT CUISINE: AMERICAN SERVINGS: 48 CALORIES: 25 KCAL

This salsa has the sweet and savory flavors that kids love.

INGREDIENTS

4 tablespoons Garlic, fresh, minced
48 ounces Raspberry puree or IQF, whole and broken/crumbles
2 cups Pineapple, canned, crushed in 100% juice, drained
2 cups Onion, white, chopped fine
1 1/3 cups Cilantro, chopped
1/2 cup Jalapeno pepper, seeds and stem removed, minced
1/2 cup Lime, fresh, juiced
1 tablespoon Salt, Kosher
1 tablespoon Cumin, ground

INSTRUCTIONS

1. Place all the ingredients in a mixing bowl.
2. Stir the ingredients together so they are well combined.
3. Pour into a clean, non-reactive container and cover.
4. Refrigerate for a minimum of 1-2 hours for flavors to blend.
5. Stir before serving to incorporate all the ingredients.
6. Serve 1/4 cup portions

RECIPE NOTES

Serve with scrambled eggs, tacos, taco salad, or spread on a sandwich.

Crediting: 1/8 cup fruit

NUTRITION FACTS PER SERVING (0.25CUP)

Calories: 25 kcal | Sodium: 160 mg | Carbohydrates: 6 g | Fiber: 2 g | Protein: 1 g | Calcium: 13 %

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.