

Strawberry Salsa

This fresh strawberry salsa is bursting with springtime flavor and can easily be modified to use whatever fruit is in season: pineapple or mango are also delicious options!

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 75 MIN
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INGREDIENTS

1 pint	Strawberries, hulled and diced
¼ each	Red Onion, diced small
1-2 each	Jalapeño, diced (remove seeds and ribs for less heat)
½ cup	Cilantro, chopped and loosely packed
1 each	Lime, juiced (about 2 tbsp)
¼ tsp	Salt

CHEF'S NOTES

Strawberries are a great source of Vitamin C, which acts a powerful antioxidant and supports immune function.

Serve with our homemade tortilla chips or as a topping on your favorite protein like grilled chicken or fish for a light, fresh entrée.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Combine all ingredients in a bowl and mix well to combine.
3. Chill the salsa in the refrigerator for 1 hour to allow flavors to meld before serving. The salsa will keep well in the refrigerator in a sealed container for 3-5 days.

Nutrition Facts

4 servings per container

Serving Size 1/2 cup (96 g)

Amount per serving

Calories 30

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 6%

Total Carbohydrate 7g 3%

Dietary Fiber 2g 6%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein less than 1g 0%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.36mg 2%

Potassium 100mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

