

# Chef's Choice Fruit Salsa



Use this as a dip for homemade tortilla chips. Try it on a wrap with chicken for lunch. You can use mango, pineapple, strawberries or a combination of your favorite fruits!

<b>YIELD</b> 8 SERVINGS	<b>PREP TIME</b> 15 MIN	<b>TOTAL TIME</b> 45 MIN
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## INGREDIENTS

1 each (about 2 cups)	Fruit, any variety, small dice
¼ each	Red Onion, small dice
1 each	Globe Tomatoes, small dice
¼ cup	Cilantro, fresh, leaves chopped
1 Tbsp	Vinegar, Rice or Red Wine
1 each	Lime, juiced
1 tsp	Cumin, ground
1 tsp	Olive Oil
¼ tsp	Kosher salt
To taste	Black Pepper, ground

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Place all ingredients in a medium sized bowl and stir to combine.
3. Allow the flavors of the salsa to develop by placing it in the refrigerator for as long as you'd like, before serving.

## CHEF'S NOTES

This salsa is great for any seasonal fruit, especially if the fruit is ripe. Try with other fresh herbs and spices, too. Some fun combinations:

- Mango, Cilantro & Cumin
- Pineapple, Mint & Crushed Red Pepper Flakes
- Strawberry, Basil & Ginger

The longer you leave the salsa combined, the more the flavors will develop. We recommend allowing it to sit for at least 30 minutes (up to overnight) before eating.

Refrigerate leftovers in a covered container and enjoy for up to 3 days.

# Nutrition Facts

12 servings per container

**Serving size** 1/4 cup (51g)

**Amount Per Serving**

**Calories** 25

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 40mg 2%

**Total Carbohydrate** 5g 2%

Dietary Fiber <1g 2%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 0g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.3mg 2%

Potassium 80mg 2%

\* 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.

Recipe adapted from Health meets Food "Mango Salsa" (4/12/19)



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