



# Pineapple Salsa

Shine 365  
Marshfield Clinic

**PREP TIME:** 10 minutes • **SERVINGS:** 7

## INGREDIENTS

- 2 cups chopped fresh pineapple
- 1 cup chopped red and/or green bell pepper
- ½ cup sweet onion slivers
- ¼ cup lemon juice
- ¼ cup coconut oil
- 3 tablespoons chopped cilantro
- 1 to 2 fresh jalapeno peppers, seeded and finely chopped

## INSTRUCTIONS

Blend pineapple, bell pepper, onion, lemon juice, cilantro and jalapeno pepper in medium bowl. For a richer taste, refrigerate, covered for 4 to 24 hours, stirring occasionally. Serve with grilled chicken or seafood or as an appetizer with chips.

## NUTRITION INFORMATION

Each half-cup serving contains about: 35 calories, 9g carbohydrates, 0.2 g fat, 1 g dietary fiber, 2 mg sodium and 1 g protein.