

RASPBERRY PINEAPPLE SALSA

Savor the tropical twist of this refreshing salsa! Enhanced with a hint of cilantro and a touch of lime, each spoonful delivers a perfect balance of sweetness and zesty freshness.



PORTION SIZE: ¼ cup

CREDITING: ⅛ cup fruit



INGREDIENTS	12 SERVINGS	DIRECTIONS
Garlic, fresh	3 cloves	<ol style="list-style-type: none"> In a small skillet over medium high heat, place garlic cloves and continuously move the skillet to toast garlic cloves on all sides until soft and skin is browned. Remove from heat, cool, remove skin and mash garlic. Place all the ingredients in a mixing bowl. Mash berry mixture gently with the back of a fork or potato masher. Allow the berries to release some of the juice while leaving some whole berries in the salsa. Stir the ingredients together so they are well combined. Cover and refrigerate for 30 minutes to an hour for flavors to blend.
IQF whole Washington red raspberries, frozen	12 ounces	
Pineapple, canned, crushed in juice, drained	½ cup	
Onion, white, chopped fine	½ cup	
Cilantro, chopped	⅓ cup	
Pepper, jalapeno, seeds and stem removed, minced	2 tablespoons	
Lime, fresh, juiced	1 large each (2-3 tablespoons)	
Salt, kosher	1 ½ teaspoons	
Cumin	1 teaspoon	

NUTRITION INFORMATION			1 serving = ¼ cup		
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	25		Total Carbohydrate	6	(g)
Total Fat	0	(g)	Dietary Fiber	2	(g)
Saturated Fat	0	(g)	Total Sugars	3	(g)
Cholesterol	0	(mg)	Vitamin D	n/a	(IU)
Sodium	240	(mg)	Calcium		(mg)
Protein	1	(g)	Iron		(mg)

NOTES

YIELD/VOLUME

3 cups or 12- ¼ cup servings

SOURCE

redrazz.org

