

Fruit Salsa

If you plan to chill this salsa for more than 6 hours, stir in the strawberries just before serving.

- 1 cup finely chopped strawberries
- 1 medium orange, peeled and finely chopped (1/3 cup)
- 2 large or 3 small kiwi fruit, peeled and finely chopped (2/3 cup)
- ½ cup finely chopped fresh pineapple or one 8 ounce can crushed pineapple (juice pack), drained
- 1 tablespoon lime juice or lemon juice

In a bowl combine strawberries, orange, kiwi fruit, pineapple and lime juice. Cover and chill for 6 to 24 hours.

Nutrition Facts per 1 tablespoon salsa: 44 calories, 2 g total fat (1 g sat. fat), 3 mg cholesterol, 41 mg sodium, 17 g carbohydrates, 0 g fiber, 1 g protein.

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