

Hawaiian Salsa

Woman's Day Magazine - Jun 15, 2004

www.WomansDay.com

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes

1/4 fresh pineapple, cored and finely diced

1/2 red onion, finely diced

2 tablespoons cilantro, chopped

2 teaspoons freshly grated lime peel

1 tablespoon fresh lime juice

1/4 teaspoon crushed red pepper

1/4 teaspoon salt

In a serving bowl, gently mix the pineapple, onion, cilantro, lime peel, lime juice, red pepper and salt.

Per Serving (excluding unknown items): 103 Calories; 1g Fat (6.3% calories from fat); 2g Protein; 25g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 544mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fruit.