

Salsa

Pineapple and Mango Salsa

Gennaro Lopez - Executive Chef, Rebecca's Restaurant
Tifton Gazette

Servings: 6

1/2 pineapple, peeled and diced
2 large mangoes, peeled and diced
1 green bell pepper, seeded and diced
1 red bell pepper, seeded and diced
1 yellow bell pepper, seeded and diced
1 tablespoon white vinegar
1 bunch cilantro, chopped
1/4 teaspoon serrano chile pepper, seeded and finely diced
1 teaspoon red onion, finely diced
1 teaspoon sugar
1/4 teaspoon salt
1 teaspoon tomato, finely diced

In a large bowl, place the pineapple, mangoes and bell peppers.

Add the vinegar, cilantro, serrano pepper, onion, sugar, salt and tomato. Toss, being careful not to bruise the pineapple and mangoes.

Serving Ideas: Best served with fish such as salmon, swordfish or halibut.

Per Serving (excluding unknown items): 40 Calories; trace Fat (6.0% calories from fat); 1g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 91mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Other Carbohydrates.