

Pineapple Salsa II

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Yield: 3 1/2 cups

*2 cups fresh pineapple ,
diced*

*2 medium tomatoes,
seeded and chopped*

*3/4 cup sweet onion,
chopped*

*1/4 cup fresh cilantro,
minced*

*1 jalapeno pepper, seeded
and chopped*

1 tablespoon olive oil

*1 teaspoon ground
coriander*

3/4 teaspoon ground cumin

1/2 teaspoon salt

1/2 teaspoon minced garlic

tortilla chips

In a large bowl, combine the pineapple, tomatoes, onion, cilantro, jalapeno, olive oil, coriander, cumin, salt and garlic.

Cover and refrigerate until serving.

Serve with tortilla chips.

Per Serving (excluding unknown items): 234 Calories; 15g Fat (54.1% calories from fat); 4g Protein; 25g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 1097mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 4 Vegetable; 3 Fat.