

Pineapple Tomato Salsa

Gema Medija - Seattle, WA
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squeeze fresh lemon juice, `
pinch black pepper
3 tablespoons fresh lime
juice
3 tablespoons extra-virgin
olive oil
3 tablespoons finely
chopped shallots
1 tablespoon less-sodium
soy sauce
1/4 teaspoon salt
1/4 teaspoon black pepper
2 large (one cup) Roma
tomatoes, chopped
1/2 cup chopped fresh
pineapple
1/4 cup chopped fresh basil

IN a bowl, whisk together the lime juice, olive oil, shallots, soy sauce, salt and black pepper.

Stir in the tomatoes, pineapple and basil.

Per Serving (excluding unknc items): 464 Calories; 42g Fat (76.5% calories from fat); 3g Protein; 26g Carbohydrate; 4 Dietary Fiber; 0mg Cholesterol; 557mg Sodium. Exchanges: Grain(Starch); 2 1/2 Vegetab Fruit; 8 Fat.