





**Pineapple Salsa**  
Yields 14 servings

**INGREDIENTS**

- 2 cups diced fresh pineapple
- 2 medium tomatoes, seeded and chopped
- ¼ cup chopped sweet onion
- ¼ cup minced fresh cilantro
- 1 jalapeno pepper, seeded and chopped
- 1 tablespoon olive oil
- 1 teaspoon ground coriander
- ¾ teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon minced garlic
- Tortilla chips

**METHOD**

In a large bowl, combine the first 10 ingredients. Cover and refrigerate until serving. Serve with tortilla chips.

**ALLERGENS**

None

**NUTRITION INFORMATION PER SERVING**

Calories: 322; Protein: 10g; Fat: 10g; Cholesterol: 0mg;  
Carbohydrate: 49g; Sodium: 800mg; Fiber: 7g



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