



Pineapple Salsa

INGREDIENTS:

1 cup	Golden pineapple, cored and cubed
1/2 cup	Frozen corn, thawed
1 each	Green Bell Pepper, chopped
1 each	Jalapeno, seeded, diced
1/4 cup	Red onion, chopped
3/4 cup	Roma tomato, chopped
1/4 cup	Cilantro, chopped
1/8 tsp	Cumin
1/4 tsp	Salt

PREPARATION:

- In a medium bowl mix together the pineapple, corn, peppers, onion, tomato, and cilantro.
- Season with cumin and salt.
- Cover and refrigerate.

Number of servings:	10
Serving size:	1/4 cup
Calories:	20
Fat grams:	0

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