



## Triple Fruit Salsa (1)

### Ingredients

- 1 cup diced fresh pineapple or canned pineapple tidbits in natural juice, undrained.
- 1 cup chopped fresh papaya or mango
- 1 kiwifruit, chopped — unpeeled to reduce food waste
- 3/4 cup diced sweet red pepper
- 3 tablespoons minced fresh cilantro
- 1 1/2 tablespoons sugar, organic preferred
- 2 1/2 tablespoons white wine vinegar
- 1/4 to 1/2 teaspoon dried crushed red pepper

I used Kashmiri Chili— a colorful pepper with mild heat (level 2-3) and delightful flavor. Especially good in Indian cuisine.

## Triple Fruit Salsa

*The Ultimate SouthernLiving® Cookbook.*

This recipe PDF prepared by JoEtta Heck, RDN and founder of JBHeckdesigns, LLC.



This delightfully colorful salsa is an exceptionally delicious topping for any grilled meat, fish or poultry.

It brightened the fish tacos shown here while visually stimulating the appetite.

Additionally, the juices drizzled over fresh cabbage makes a perfect dressing.

### Instructions

**Food Safety Tip:** Wash hands and wash all produce prior to beginning.

Combine all prepared ingredients in a small bowl, tossing gently. Cover and chill for up to 8 hours.

Let stand at room temperature before serving. Serve with a slotted spoon.

Yield: 2 cups.

Serving size: 2 tablespoons

Servings per recipe: 16

**Nutrition Information:** Analysis by *RecipeIQ* Per **TWO** Tablespoons:

Calories 32

Protein: < 1 gram

Sodium: 2 mg.

Dietary Fiber: 1 gram

Sugars: 6 grams

Vitamin C: 19.27 mg



The variety of ingredients in this salsa recipe contributes to these tastes of Ayurveda: sweet, pungent, sour and astringent.

While the spices\* added to the tortilla rounds balances out the six tastes with bitter and salty.

\*The mole mix used in the tortilla recipe has salt listed as the last ingredient of the mix.

(1) Gunter, Julie Fisher, *The Ultimate SouthernLiving® Cookbook*. Oxmoor House, Inc. Book Division of Southern Progress Corporation. Birmingham. 1999. 391