



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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Sweet Sunrise Strawberry Pineapple Salsa



1 pineapple cored, peeled, diced
1 lb. strawberries, hulled, diced
2 Roma tomatoes, diced
1/3 red onion, minced

1 jalapeno, minced
1/3 cup fresh cilantro, chopped
1 lime, juiced
1/4 teaspoon salt

Instructions: In a large bowl, add the diced pineapple and strawberries. Toss in the tomatoes, red onion, jalapeno, and cilantro. Finish the recipe off with lime juice and salt. Stir to combine. Allow to sit for 30 minutes before serving. Refrigerate leftovers and use within 5-7 days.

Yield: 18 (1/2 cup) servings

Nutrition Facts (per serving): 35 calories, 0 grams fat, 35 milligrams sodium, 9 grams carbohydrate, 1 gram fiber, 1 gram protein