

Apple Salsa

Number of servings: 4

Preparation time: 10 minutes

Total time: 15 minutes

Ingredients:

- 2 cups diced peeled apples (about 3/4 pound)
- 1/2 cup diced red bell pepper
- 1/3 cup fresh lime juice
- 1/4 cup diced red onion
- 1/4 cup minced fresh cilantro
- 1 tablespoon honey
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 jalapeño pepper, seeded and minced

Equipment Needed:

- Cutting board
- Knife
- Mixing bowl
- Wooden spoon
- Measuring spoons and cups

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Directions

- Wash and dice the apples and vegetables as directed above.
- Combine all of the ingredients in a bowl and stir well to combine.
- Enjoy with tortilla chips, or add to sandwiches for a crunch!



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Nutrition Facts

Serving Size: 1/2 cup

Recipe makes 4 servings

Calories 64

%Calories from Fat 4

Amount Per Serving

	%DV
Total Fat 0g	0%
Saturated Fat 0g	0%
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 134 mg	6%
Potassium 146 mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	9%
Protein 1g	1%
Vitamin A	3%
Vitamin C	47%

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