

Women's
Heart Advantage
of Idaho

2 cups fresh or canned pineapple, diced
1/4 cup diced red onion
1 tomato, cored and diced
1 tablespoon fresh chopped cilantro
1 mild green chili, seeded and chopped
Juice of one lime

Combine ingredients in medium-sized mixing bowl. Serve immediately or refrigerate for later use, up to 10 hours. Serve with grilled fish or poultry, baked chips, baked potato, baked sweet potato, or over salad. Mango, peaches, plums, or nectarines can be substituted for the pineapple, or a combination of fresh fruits can be used.

Serves 4. Each serving has:

*50 calories, .5 g fat, 0 g saturated fat, 4 mg sodium,
12 g carbohydrate, 1.5 g fiber.*

