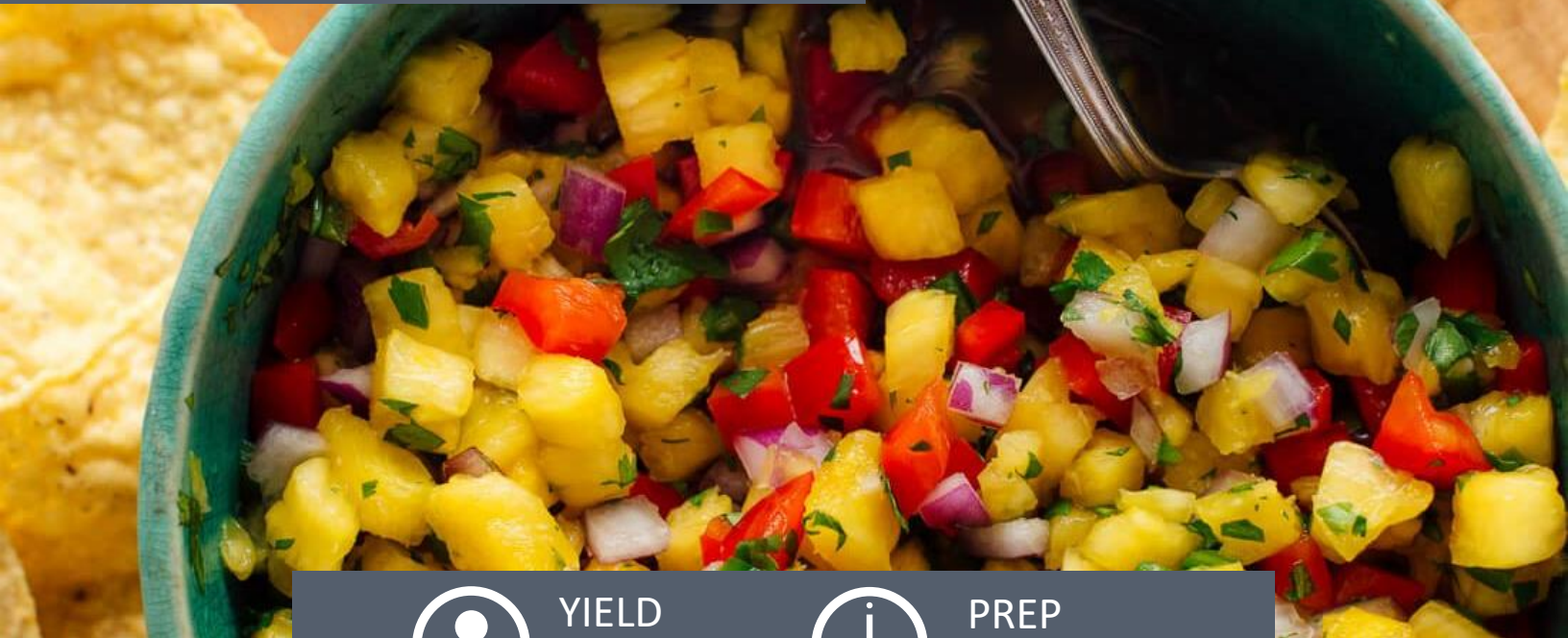


FRESH PINEAPPLE SALSA



YIELD
3 ½ cups



PREP
20 mins

INGREDIENTS

3 cups diced fresh pineapple (about 1 medium)
1 red bell pepper, chopped
1/2 cup chopped red onion (about ½ small onion)
1/4 cup chopped fresh cilantro
1 medium jalapeño, seeds and ribs removed, finely chopped
3 tablespoons lime juice (from about 1 ½ limes), or more if needed
¼ teaspoon fine sea salt

INSTRUCTIONS

1. In a medium serving bowl, combine the pineapple, bell pepper, onion, cilantro, and jalapeño. Add the lime juice and salt, and stir to combine.
2. Season to taste with additional lime juice and/or salt.
3. For best flavour, let the salsa rest for at least 10 minutes before serving.

Notes:

- Salsa is best served fresh, but keeps well, chilled for up to 4 days.
- Change it up and replace the pineapple with alternatives like diced mango, strawberries, cucumber, melon, or tomatoes (the bell pepper is optional in those variations).

