

## Healthy Family Table | Summer Salsa Mix Up!

**Prep time:** 10 minutes   **Serves:** 6   **Serving size:** ½ cup

This appetizer is not only sweet and tangy, but also quick and easy. It is a fruit salsa that is full of bright colors, vibrant flavors, and packed with healthy benefits. You, your party guests and even your kids are sure to love it!

### What You'll Need:

- 2 fresh pears or apples, cored and chopped into ½ inch cubes (skin on)
- Seeds from one pomegranate\*
- ½ raw red onion, chopped into ¼ inch pieces
- ½ cup fresh cilantro, chopped
- Juice from ½ lime, or more if desired

### Directions:

1. Toss all ingredients together in a bowl.
2. Serve immediately with pita chips on top of Greek yogurt, or with whatever you like –be creative!

### Notes:

\* Cut whole pomegranate into quarters and scoop out red seeds. Discard the rest of the fruit.

### Nutritional information:

53 calories, <1g fat, 1g protein, 13g carbohydrates, 2g fiber, 1mg sodium, 0mg cholesterol, 8% daily vitamin C.

**Written by:** Alyssa Smith, Student Dietitian at Framingham State University. Alyssa is passionate about education children and families to enjoy cooking and eating healthy, fresh foods. In addition to her studies in clinical nutrition, Alyssa has a bachelor's of science in Culinary Nutrition from Johnson & Wales University.

Recipe source: 5-Ingredient Pear Pomegranate Salsa. Gimme Some Oven Blog.

<http://www.gimmesomeoven.com/5-ingredient-pear-pomegranate-salsa/>. Accessed February 29, 2016.

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