

Fresh Pineapple Salsa

Recipe HACCP Process: #1 No cook

Serving Size: 0.25 cup

Yield: 144

Source: K-12 Culinary Team

Ingredients:

Ingredient Name	Measurements
Pineapple, canned, tidbits, solids and liquid	3 qt
Peppers, sweet, red, raw	2 lb
Onions, red, raw	2 lb + 4 oz
Cilantro	4 oz
Pepper, jalapeno, raw	1 lb
Lime juice, raw	2 cup

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Drain pineapple tidbits. Reserve juice for other recipes.
2. Rinse bell peppers and onions under running water. Dice into ½" pieces.
3. Rinse cilantro under running water and dry well using disposable towel. Chop fine.
4. Cut jalapeno into quarters and remove seeds with spoon or knife. Cut into 1/8" dices.
5. In a mixing bowl, combine drained pineapple, diced bell pepper, diced onion, chopped cilantro, diced jalapeno, and lime juice. Toss to combine.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	17 kcal
Total Fat	0.07 g
Saturated fat	0.01 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	0.86 mg
Total Carbohydrate	4.35 g
Dietary Fiber	0.52 g
Total Sugars	0.45 g
Protein	0.26 g

Meal Component Information:

Meal Components	Amount
Fruit	.25 cup
Vegetable	.25 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*