

Pineapple-Orange Salsa

A refreshing salsa that can be served as a dip with tortilla chips or on top of grilled chicken, pork or fish. Rich in vitamin C and fiber.

8 servings; ½ cup per serving

INGREDIENTS

2 large navel oranges, peeled, sectioned and chopped into small pieces

1 can (20 ounces) pineapple tidbits, drained

½ large red pepper (orange or yellow may be substituted), finely chopped

½ cup minced cilantro (optional)

¼ cup finely chopped red onion

1 teaspoon finely chopped jalapeno chili pepper (optional)

½ tsp. salt

2 Tablespoons honey

Juice of 1 lime

Whole grain tortilla chips for serving

DIRECTIONS

Mix all ingredients in a medium bowl. Salsa may be served at once or chilled overnight in the refrigerator to blend flavors. Serve with tortilla chips or on top of grilled chicken or fish.