

Sweet and Sour Mango and Pineapple Salsa

Here is a great salsa recipe that is a perfect low calorie topping for grilled fish or chicken. It is also a satisfying snack when paired with low fat black bean dip, or flaxseed chips.

The twist on traditional mango salsa is a one two punch of sweet and sour notes to add loads of flavor to a variety of summer meals. The tomatillo and lime juice adds a sour crunch, while the honey and pineapple gives this recipe a sweet finish.

Ingredients

1 cup diced mango
1 cup diced pineapple
.5 cup diced red pepper
.25 cup diced tomatillo
.25 cup diced cilantro
.25 cup diced red onion
1 tbsp honey
1 tbsp lime juice

Here's how everything breaks down:

Nutrition Facts			
Serving Size	1 cup	Servings	13
Amount Per Serving			% Daily Value*
Calories	23	Fiber:	1 g
Carbohydrates	6 g	Sugar:	5 g
Fat	0.1 g	Vitamin C:	15%
Protein	0 g	Manganese	8%
Sodium	0 mg	Calcium	7%
Potassium:	65 mg	Vitamin K	6%

Let us know how you like it when you've had a chance to try it.

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