

Festive Pineapple Pomegranate Salsa

This crowd-pleasing rainbow salsa provides a broad spectrum of nutrients from each of the colorful ingredients it features. It's the perfect appetizer or can be used to dress up everything from fajitas, tacos, fish, and tenderloin.

Prep time: 10 minutes

Yield: 3½ cups

Ingredients

- 1 cup pomegranate arils
- 1 cup fresh pineapple, diced
- 1/3 medium red onion, finely minced
- 1 bell pepper, finely diced
- 1 fresh jalapeno seeded and finely diced
- Handful cilantro or fresh mint, chopped
- Juice of 1 lime
- Salt and pepper to taste



Instructions

1. Add all ingredients to a mixing bowl and toss together.
2. Cover and refrigerate until ready to serve.
3. Store leftovers in a tightly sealed container in the refrigerator for up to 2-3 days.

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