

Tropical Salsa

Makes 10 servings, ½ cup each



Nutrition tip:

Always drain & rinse canned fruits and vegetables to get rid of extra salt and sugar.

Ingredients

- 1 20-ounce can pineapple, drained, rinsed & diced
- 1 11-ounce can mandarin oranges, drained, rinsed & diced
- 1 15-ounce can black beans, drained & rinsed
- Juice from 1 lime (2 tablespoons)
- ¼ cup chopped cilantro
- 1 jalapeño, diced (optional)

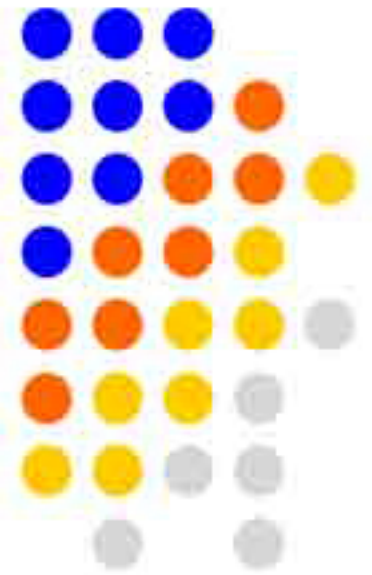
Directions

- Mix together all ingredients.
- Serve with reduced fat tortilla chips, or on top of grilled chicken or fish.

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 70	Calories from Fat 0
%	
Total Fat 0g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 150mg	
Total Carbohydrate 16g	
Dietary Fiber 3g	
Sugars 9g	
Protein 3g	
Vitamin A 8%	
Calcium 2%	
Vitamin C 25%	
Iron 4%	

Cost: \$3.88 per recipe, \$.39 per serving



Questions about nutrition?

Call 1-877-FOOD-URI

Salsa Tropical

Receta para 10 porciones de ½ taza



Consejo

Nutricional:

Siempre enjuague las frutas y verduras enlatadas para quitar la sal y azúcar añadida.

Ingredientes

1 lata (20 onzas) piña, drenada, lavada y cortada

1 lata (11 onzas) mandarinas, drenadas, lavadas y cortadas

1 lata (15 onzas) frijoles negros, enjuagados

Jugo de 1 lima (2 cucharadas)

¼ aza cilantro cortado

1 jalapeño, picado (opcional)

Preparación

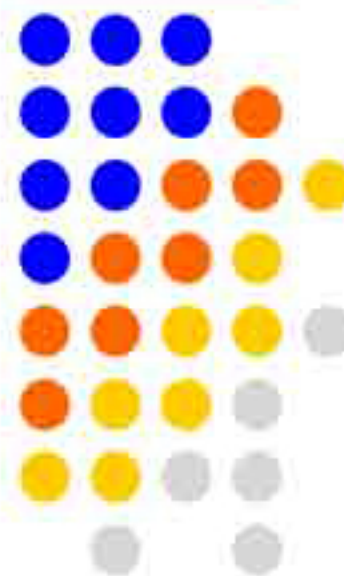
1. Mezcle todos los ingredientes.
2. Sirva con bocaditos de tortilla, bajos en grasa, o encima de pollo o pescado a la parrilla.

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 3g	
Vitamin A 8%	• Vitamin C 25%
Calcium 2%	• Iron 4%

Costo: \$3.88 por receta, \$.39 por porción

Ocean State
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Preguntas sobre la nutrición?
Llame al 1-877-FOOD-URI