



## Summer Fruit Salsa

SERVINGS: 4

PREPPING TIME: 10 MINS

COOKING TIME: 0 MINS

### INGREDIENTS

- 6 green kiwi fruits, peeled and diced
- 4 strawberries, diced
- 1/4 cup red onion, finely chopped
- 1 jalapeño pepper, seeded and minced
- 1/4 cup fresh cilantro, chopped
- 1 tsp. lime juice
- 1 tbsp. honey
- Salt and pepper to taste

### DIRECTIONS

1. In a mixing bowl, combine the kiwi, strawberries, onion, jalapeño pepper, and cilantro.
2. Add honey and lime juice into the mixture and gently toss to combine.
3. Season with salt and pepper to taste. Adjust the seasoning if necessary.
4. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes to allow the flavors to marinate together.
5. Before serving, give the salsa a final stir. Taste and adjust the seasoning if necessary.
6. Serve the summer salsa as a topping for grilled chicken, fish, or pork, or enjoy it with tortilla chips as a snack or appetizer.

### NUTRITION

Serving size: 1/3 cup  
(per serving) 90 calories, 0.5g fat, 0g saturated fat, 0mg cholesterol, 80mg sodium, 22g carbohydrate, 4g fiber, 15g sugar, 1g protein