

Kiwi-Jalapeno Salsa



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 2

Prep: 10 minutes

INGREDIENTS

- 3-4 kiwis, peeled and diced
- 1/4 cup red onion, diced
- 1/4 cup fresh cilantro or parsley, minced
- 1 jalapeno pepper, diced
- Salt, to taste

DIRECTIONS

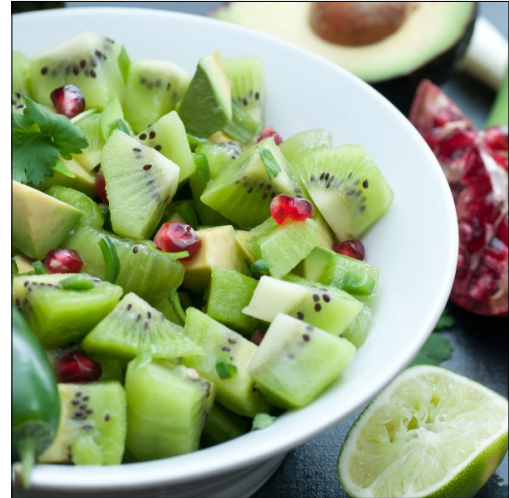
1. In a medium bowl, mix together kiwi, cilantro or parsley, and jalapeno. Season with salt as needed.
2. Serve immediately or store in the refrigerator for 1-2 days.

Optional add-ins:

- 1/4 cup pomegranate seeds
- 1/2 avocado, chopped
- 1 cup chopped cucumber
- 2 cups diced tomatoes

Notes:

- For a more mild salsa, remove the seeds from the jalapeno before combining with other ingredients.



Nutrition Information

Serving Size: 1/2 of recipe

Calories	95
Total fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	291 mg
Carbohydrates	23 g
Fiber	3 g
Sugars	17 g
Protein	2 g

Recipe source: The Kitchn