

# Pear and Pomegranate Salsa



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 4

**Prep:** 10 minutes

## INGREDIENTS

- 2 fresh pears, cored and diced
- 1 fresh pomegranate, seeded
- 1/2 red onion, diced
- 1/2 cup fresh cilantro, minced
- 1/2 lime, juiced



## DIRECTIONS

1. Place all ingredients in a bowl and toss to combine.
2. Serve immediately or refrigerate for up to 2 days.

### Notes:

- Add avocado or green onion for extra flavor.
- Serve with chips, as an alternative to traditional salsa or with greens for a healthy salad.

Nutrition Information	
<i>Serving size: 1/4 of recipe</i>	
<b>Calories</b>	84
<b>Total fat</b>	1 g
Saturated fat	0g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>3 mg</b>
<b>Carbohydrates</b>	<b>21 g</b>
Fiber	4 g
Sugars	14 g
<b>Protein</b>	<b>1 g</b>

Recipe source: Gimme Some Oven