Pomegranate Salsa

INGREDIENTS
- 2 pomegranates, deseeded
- 1/2 cup cilantro, minced
- 1/3 cup onion, minced
- 1 jalapeño, diced
- 1 lime, juiced
- 1 tablespoon olive oil
- 1 tablespoon honey

DIRECTIONS
1. In a medium bowl, combine pomegranate seeds, cilantro, onion and jalapeño.
2. In a small bowl, whisk lime juice, oil and honey. Pour over pomegranate mixture and stir.
3. Serve immediately with chips, tacos or on top of cooked meat. Store covered in the refrigerator for up to 1-2 days.

Notes:
- For a spicier salsa, add more jalapeño.
- When handling jalapeño be very careful! Do not touch your eyes and face until you’ve washed your hands well with soap and water.

Recipe source: twohealthykitchens.com

Serves: 10
Prep: 10 minutes

Nutrition Information (Serving size: 1/4 cup)
- Total calories: 42
- Total fat: 1 g
- Saturated fat: 0.2 g
- Cholesterol: 0 mg
- Sodium: 1 mg
- Carbohydrates: 8 g
- Fiber: 0.4 g
- Sugar: 6 g
- Protein: 0.3 g