

Pomegranate Salsa



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 10

Prep: 10 minutes

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.



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

Recipe source:
twohealthykitchens.com