

Fruit and Vegetable Fiesta Salad

Ingredients:

- 1 fresh, cored pineapple, chopped
- 1 red bell pepper
- 1/2 red onion, chopped
- 1/2 cucumber, chopped
- 2 ribs celery, chopped
- 1 vine ripened tomato, chopped
- 1 lime, juiced
- 1 teaspoon chili powder
- 1/3 cup extra virgin olive oil
- Tabasco sauce to taste, optional

Directions:

1. Combine chopped pineapple with chopped peppers, onions, cucumber, celery and tomatoes.
2. In a bowl, combine reserved pineapple juice with the lime juice and chili powder, whisk in extra virgin olive oil and season dressing with salt and pepper to taste.
3. (Optional) add in a few dashes of hot sauce.
4. Pour dressing over salad and toss.

Nutrition Facts

Serving Size 1 cup (385g)
Servings Per Container 4

Amount Per Serving

Calories 310 **Calories from Fat** 160

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 36g **12%**

Dietary Fiber 5g **20%**

Sugars 26g

Protein 2g

Vitamin A 30% • Vitamin C 290%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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