# 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

**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

***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.

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