

Pineapple Salsa

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INGREDIENTS

- 1 (15oz) can pineapple tidbits, drained
- 1 (8 oz) can tomato sauce
- 2 tomatoes, diced
- 1 onion, finely chopped
- 2 jalapeño, finely diced
- 2 cloves garlic, minced
- 2 Tbsp cilantro, minced, or to taste
- ½ tsp Cajun180 La Cajun Gold
- juice of 2 limes

DIRECTIONS

1. Mix all ingredients in a bowl or pulse in a food processor until desired consistency is reached.
2. Refrigerate 1 hour before serving.



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HEALTHY SWAPS

- **Lower Fat:** Recipe is considered low-fat as is.
- **Lower Carbohydrate:** Use fresh pineapple. Substitute tomato juice for tomato sauce. 37 Calories. <1g Fat (0g Saturated fat, 0mg Cholesterol.) 216mg Sodium. 10g Carbohydrates (1g Fiber, 6g Total sugar.) 1g Protein.
- **Lower Sodium:** Use low-sodium tomato sauce and salt-free Cajun seasoning such as Cajun180 La Cajun Gold “No-Salt” to reduce sodium to 6mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Ensure Cajun seasoning is gluten-free.

Nutrition Facts		Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
8 servings per container Serving size 1/2 Cup Calories per serving		Total Fat 0g		0%	Total Carbohydrate 14g		5%	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
		Saturated Fat 0g		0%	Dietary Fiber 2g		7%		
	Trans Fat 0g			Total Sugars 11g					
	Cholesterol 0mg		0%	Includes 0g Added Sugars		0%			
	Sodium 0mg		0%	Protein 1g		2%			
	Vitamin D 0mcg	0%	• Calcium 20mg	2%	• Iron 1mg	6%			
	Potassium 250mg	6%							

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