

PINEAPPLE BLACK BEAN SALSA

Prep time: 10 minutes / Cook time: N/A / Skill level: Easy

INGREDIENTS

1 ripe pineapple
1 can black beans
1 red bell pepper
1 medium red onion
2 cloves garlic
2 limes juiced
1/4 cup fresh cilantro
Sea salt and pepper to taste

EQUIPMENT NEEDED:

Knife, chopping board
and mixing bowl.

METHOD:

Dice the pineapple, red pepper, and red onion into 1/2 inch pieces and place in the bowl. Rinse and drain the black beans and add to the bowl along with the garlic and cilantro. Squeeze the lime juice into the bowl. Season to taste with salt and pepper and let stand at least one hour before serving.



QUICK TIP

Choose pineapples that are golden in colour and have leaves that are easily pulled out by hand.

Use this salsa on white fish, grilled chicken or grilled pork chops.

Per 1/8 of recipe: | 87 calories | 17 g fat | 0.5 g carb | 3 g protein