

Pineapple or Mango Salsa

Adapted from the Coyote Cafe Cookbook by Mark Miller



Servings: 8

I have yet to find any grilled meat, poultry or fish that doesn't go well with this. I always make more of this because it's so good on other things. I buy a whole pineapple and just mix and taste as needed. The lime juice makes a difference - lemon juice just doesn't taste right. And, I always use more cilantro. If you can find frozen mango chunks, that will work just fine (Trader Joe's carries them).

- 1 cup fresh pineapple, or mango
- 2 teaspoons dark brown sugar, or imitation brown sugar
- 1 teaspoon rice wine vinegar, seasoned
- 2 whole serrano peppers
- 1/4 cup red pepper, minced
- 1 Tbsp lime juice
- 1 Tbsp cilantro, minced

Serving Ideas: As a variation, substitute diced mango for pineapple

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

1. Use a very ripe pineapple (or mango). Peel, core and finely dice the pineapple or prepare in food processor.
2. In a bowl combine all of the ingredients. Taste and add more lime juice and chiles as needed. Will keep for about a week.

Per Serving (excluding unknown items): 17 Calories; trace Fat (5.2% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Other Carbohydrates.