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Tropical Salsa

Prep Time: 20 minutes

Cook Time: 30-60 minutes

Cost per serving: \$0.31

What you need:

Utensils:

- Cutting board & knife
- Medium bowl
- Measuring cups & spoons
- Can opener

Ingredients:

- 1 ripe avocado, peeled
- 1 ripe papaya, peeled
- 2 ripe tomatoes, seeded
- ½ cup pineapple chunks, drained
- 2 fresh jalapeno peppers, seeded and finely minced
- 4 green onions, trimmed and finely sliced
- 2 tablespoons canola oil
- juice of 1 lemon

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Wash, peel, seed and chop avocado, papaya, tomatoes, peppers and onions.
4. Place all ingredients into a mixing bowl and mix well.
5. Refrigerate until ready to serve.

Nutrition Facts

Serving Size 1/4 cup	
Servings Per Container 16	
Amount Per Serving	
Calories 50	Calories from Fat 35
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% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 6%	• Vitamin C 25%
Calcium 0%	• Iron 2%