



Strawberry Kiwi Salsa



Estimated Time: 5 mins

Nutrition Per Serving

2 Servings (5 Tbsp per serving)

Calories	37
Protein	0.7g
Total Carbohydrates	8.9g
Net	7.5g
Sugar	5.5g
Fiber	1.4g
Total Fat	0.3g
Saturated Fat	0.005g
Polyunsaturated Fat	0.03g
Monounsaturated Fat	0.01g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	1.3mg
Potassium	49mg
Phosphorus	7.08mg
Calcium	21.7mg

Recipe provided by
Chef Duane

Ingredients

- 2 ripe kiwis, peeled and diced
- 4 fresh strawberries, diced
- 2 teaspoons lime juice
- ½ green onion, chopped
- ⅔ teaspoon chopped fresh cilantro
- 2 teaspoons balsamic vinegar

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Directions

1. Combine kiwis, strawberries, lime juice, chopped onion, chopped cilantro, and balsamic vinegar in a large bowl and mix ingredients together.
2. Chill before serving.
3. Pair with baked pita chips to enjoy as a snack or add this salsa as a topping on other recipes, such as the Bulgur-Chickpea Patties.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.