

Wauwatosa Harvest of the Month

- March -

Pineapple



Fresh Pineapple Salsa

- 1 cup finely chopped fresh pineapple
- $\frac{1}{4}$ cup finely chopped red onion
- $\frac{1}{4}$ cup red bell pepper, chopped
- 1 jalapeño pepper, seeded and minced
- 1 tablespoon finely chopped fresh cilantro
- 1 tablespoon lime juice
- 1 clove garlic, minced (Optional)
- $\frac{1}{2}$ teaspoon white sugar
- $\frac{1}{2}$ teaspoon salt

Directions

1. Mix pineapple, red onion, bell pepper, jalapeño, cilantro, lime juice, garlic, sugar, and salt together in a bowl until combined.
2. Cover with plastic wrap and refrigerate for 1 hour so flavors can meld.



Wauwatosa
HEALTH DEPARTMENT

For more information call
414-479-8936 or visit
www.wauwatosa.net/harvest