

Pineapple Salsa

3 ½ cups pineapple
1 red bell pepper
1 jalapeno chile
1 clove garlic
½ red onion
¼ cup packed fresh cilantro
1 lime, juiced
Salt and pepper

Blend garlic and jalapeno in blender or food processor. Add remaining ingredients and blend. Poor into a bowl, and enjoy!

This recipe is provided by UVU Wellness Programs.
All of our recipes can be found online at www.uvu.edu/wellnessed

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