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Pineapple, Red Pepper, and Jalapeño Salsa

Makes about 2-1/4 cups (540 ml)

Serving Size: 1/4 cup (60 ml)

Calories: 61, Fat 0.2 g, (Sat 0 g, Mono 0 g, Poly 0 g), Protein 1 g, Carb 16 g, Fiber 0 g, Chol 0 mg, Iron 0.4 mg, Sodium 67 mg, Calcium 20 mg

This colorful, fiery salsa is a great partner for baked chips. However, it is also a great compliment for grilled pork tenderloin, ham/gammon steaks, grilled tuna, salmon, and snapper. One jalapeño chile, with the seeds and ribs included, makes the salsa plenty hot, but add more if you like.

2 tbsp fresh lime juice

1 tbsp packed light brown sugar

1/2 tsp kosher or sea salt

1/2 pineapple, peeled, halved lengthwise, cored, and cut into 1/4-in./6mm dice

1 small red bell pepper/capsicum, seeded, deribbed, and cut into 1/4-in./mm dice

2 green/spring onions, including green tops, halved lengthwise and thinly sliced

1 jalapeño chile, including seeds and ribs, minced

1 tsp chopped fresh thyme leaves

Skinny Dippers: Baked Tortilla Chips, Baked Wonton Crisps, Poached Shrimp

1. In a large bowl, whisk together the lime juice, brown sugar, and salt until the salt dissolves.

2. Add the pineapple, bell pepper/capsicum, green/spring onions, jalapeno, and thyme, and gently mix to coat with the dressing. Taste and adjust the seasoning. Transfer to a serving bowl, cover, and set aside for at least 1 hour to allow the flavors to meld.

DIP DO-AHEAD: This salsa can be prepared up to 2 days in advance. Cover and refrigerate. Remove from the refrigerator 45 minutes before serving.