



## Yellow Salsa

This bright yellow salsa is a great way to incorporate fresh summer veggies into a tasty snack!

### U.S.

1 cup  
1 each  
1 cup  
1 cup  
2 each  
To Taste  
1/4 tsp  
1/2 tsp  
1/4 tsp  
1 tsp

Yellow Tomatoes, small dice  
Yellow Bell Pepper, small dice  
Corn, frozen  
Pineapple, small dice  
Limes, zested and juiced  
Black Pepper, ground  
Salt  
Cumin  
Cayenne  
Olive Oil

### Metric

175 g  
1 each  
130 g  
170g  
2 each  
To Taste  
1.4 g  
2.4 g  
1.2 g  
5 ml

### **Preparation:**

1. Gather all ingredients and equipment.
2. Combine all ingredients in a bowl and toss together. Adjust spices and lime juice to taste.

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## Nutrition Facts

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8 Servings

**Serving size** 1/2 cup

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**Amount per serving**

**Calories** 45

Calories from Fat 10

**Total Fat** 1 q

Saturated Fat 0 q

Trans Fat 0 q

Monounsaturated Fat 0 q

**Cholesterol** 0 mg

**Sodium** 65 mg

**Total Carbohydrate** 10 q

Dietary Fiber 1 q

Total Sugars 3 q

Includes 0g Added Sugars

**Protein** 1 q

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 125 mg

Phosphorus 15 mg

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