

# Louisiana HARVEST of the MONTH

## Strawberry Salsa

### Home Recipe

Serves: 9  
Prep Time: 15 minutes  
Cook Time: 0 Minutes

### Ingredients

- 1 pint strawberries, hulled and finely diced
- 1 jalapeno, stem and seeds removed, finely diced
- half of a small red onion, peeled and finely diced (about ½ cup)
- ⅔ cup finely-chopped fresh cilantro, loosely-packed
- juice of 1 lime, about 2 tablespoons
- pinch of salt and black pepper

### Cooking Instructions

- 1) Toss all ingredients together until combined. Season with extra salt and pepper, if needed.

### Nutrients Per ¼ Cup Serving

- **Calories** 16
- **Total Fat** 0.13 g
- **Saturated Fat** 0.01 g
- **Cholesterol** 0 mg
- **Sodium** 33.72 mg
- **Carbohydrates** 3.8 g
- **Dietary Fiber** 1 g
- **Protein** 0.42 g
- **Calcium** 43.8 mg
- **Iron** 0.18 mg
- **Vitamin C** 24.7 mg

