

# Southwest Fruit Salsa

**Makes:** 6 Servings

Canned fruit that is lower in sugar is the main ingredient in this recipe. Canned mixed fruit can sweeten a spicy salsa.

## Ingredients

- 1 can** mixed fruit (drained, about 15 ounces)
- 1/2 cup** onion (chopped)
- 2 tablespoons** lime juice
- 1/4 cup** green pepper or jalapeño pepper (chopped)
- 1/8 teaspoon** black pepper

## Directions

1. Put all ingredients in a bowl and mix well. Let stand at room temperature at least 15 minutes, or refrigerate up to 6 hours before serving.
2. Serve as an appetizer with tortilla chips or as a topping for grilled chicken, fish, meat, or pork.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>50</b>	
Total Fat	0 g	
Protein	1 g	
Carbohydrates	12 g	
Dietary Fiber	1 g	
Saturated Fat	0 g	
Sodium	5 mg	