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Now in peak season, sweet, succulent pineapples are perfect for making this refreshing Mexican side dish. Similar to a salsa, pico de gallo pairs great with grilled fish, chicken, lean steaks, vegetables and whole-grain corn chips. Pineapples are high in vitamin C and bromelain, a compound that some studies have found may protect against inflammation and colorectal cancer.

Pineapple Pico de Gallo

- 2/3 cup diced Roma tomato, seeded
- ½ cup diced fresh pineapple*
- ¼ cup diced red onion
- 4 medium scallions, finely chopped, including some green stem (about ¼ cup)
- 1 medium jalapeño, finely chopped
- Juice of 1 fresh medium lime (about 2-3 Tbsp.)
- ½ cup finely chopped fresh cilantro
- 1 tsp. extra virgin olive oil
- 1 tsp. apple cider vinegar
- Salt to taste

In medium bowl, gently combine all ingredients. Chill one to two hours to let flavors mingle.

Toss lightly before serving. Serve with fish, chicken, pork or baked whole-grain tortilla chips. Store covered in refrigerator up to 3 days.

* Canned pineapple in natural juice may be used if fresh pineapple is not available.

Makes 1 1/2 cups, 6 servings.

Per serving: 25 calories, 1 g total fat (0 g saturated fat), 4 g carbohydrate, <1 g protein, 1 g dietary fiber, 5 mg sodium.

