



Strawberry Salsa



Oregon State
University

Ingredients

- 1 ½ cups fresh **strawberries**, chopped small (about 1/2 pound)
- ½ **jalapeno pepper**, minced
- ¼ cup **onion**, minced
- 2 Tablespoons **cilantro**, finely chopped
- 1 ½ teaspoons **lime juice**

Directions

1. Mix all ingredients together in a bowl. Flavors will blend if refrigerated for 30 minutes or more before serving.
2. Refrigerate leftovers within 2 hours.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Makes: 2 cups
Prep time: 20 minutes

Nutrition Facts

Serving Size 2 tablespoons (19g)
Servings Per Container 16

Amount Per Serving		% Daily Value*	
Calories 5	Calories from Fat 0		
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 2g			1%
Dietary Fiber 0g			0%
Sugars 1g			
Protein 0g			
Vitamin A 0%	•	Vitamin C 15%	
Calcium 0%	•	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4