

## Tropical Fruit Salsa

*Want a peppy topper for chicken breasts or fish? Try fruit salsa that's easy to make and keeps for a week in your fridge.*

2 kiwifruit, peeled and chopped  
1 mango, peeled, pitted and chopped  
1 papaya, peeled, seeded and chopped  
1 jalapeño pepper, seeded and finely chopped  
1 cup pineapple chunks  
1 tablespoon chopped fresh cilantro  
1 tablespoon finely chopped red onion  
2 tablespoons lime juice

1. In glass or plastic bowl, mix all ingredients.
2. Cover and refrigerate 1 to 2 hours. Store covered in refrigerator up to 1 week.

**Per Serving:** Calories 60 (Calories from Fat 0); Total Fat 0g (Saturated Fat 0g);  
Cholesterol 0mg; Sodium 5mg; Total Carbohydrate 14g (Dietary Fiber 2g); Protein 1g

**Daily Value:** Vitamin A 14%; Vitamin C 90%; Calcium 2%; Iron 0%

**Exchanges:** 1 Fruit

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