

Plum Good Salsa

June 2020

Harvest of
the Month 



INGREDIENTS:

- 4 Large or 6 small, ripe purple plums
- 1 Large jalapeno pepper
- 1 Red bell pepper
- 1 Small or ½ large red onion
- 1** Lime or 2 Tbsp. of lime juice

EQUIPMENT NEEDED:

- Cutting board
- Knife
- Mixing bowl
- Measuring spoons

DIRECTIONS:

1. Cut plums around the pit into small chunks.
2. Cut off stem of jalapeno and red pepper, remove seeds.
3. Cut ends of red onion, remove skin.
4. Finely dice jalapeno, pepper & onion.
5. Place all ingredients in a bowl, squeeze/pour lime juice over the top & mix.

RECIPE TIPS:

- For more or less heat, adjust the amount of jalapeno.
- For ripe plums: choose plums with dark/smooth skin, free of discolored or wrinkled spots.
- Store ripe plums in the refrigerator up to 4 days. If plums are not ripe, store at room temperature until soft.
- Serve with tortilla chips; on chicken, pork or other types of meat, in tacos or on salads.
- Refrigerate leftovers for 2 to 3 days in an air-tight container.

Serves 9. Serving size: 1/2 cup

Prep time 15 minutes.

Ready in 15 minutes

Nutrition Facts

Amount Per ½ cup Serving

Calories 27

Total fat	0 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Total Carbohydrate	7 g
Fiber	1 g
Sugar	5 g
Includes 0g of Added Sugars	
Protein	0.5 g
Phosphorus	14 mg
Potassium	121 mg

This recipe was created by the dietetics students of Mt. Mary University as part of their "Healthy Shelves" initiative.



American Heart Association.



Coalition for Healthier Hospitals