



Fresh Cherry Salsa

Prep: 15 minutes

Serves: 6

- 1 pound fresh cherries, pitted and chopped
- 1 garlic clove, minced
- 1 medium jalapeño pepper, seeded and minced
- ½ cup chopped red onion
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons honey
- ½ teaspoon salt

1. In medium bowl, toss all ingredients. Serve with tortilla chips or over grilled chicken, fish or pork. Makes about 2 cups.

Approximate nutritional values per serving:

59 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 195mg Sodium, 15g Carbohydrates, 2g Fiber, 12g Sugars, 2g Added Sugars, 1g Protein