

Mango & Pomegranate Salsa

Ingredients

- 1 cup diced mango
- ¾ cup diced pineapple
- ¾ cup pomegranate seeds (arils)*
- ¾ cup diced sweet peppers
- ¼ cup diced cilantro
- ¼ cup diced red onion
- ½ jalapeno pepper, finely chopped (remove seeds for less heat)
- 1 lime (on the small side), grated zest and juiced
- ¼ tsp sea salt



You will need a medium bowl with fitted lid that seals.

Instructions

1. In the bowl, fold everything together but the lime juice and salt.
2. Add the lime juice to taste; add salt; refrigerate until needed.

How to remove seeds from a pomegranate.

To remove the seeds from a pomegranate, thinly slice off the top, then cut down into the white areas that divide the segments. They usually have 4 or 6 segments. Then it's a matter of removing the seeds. You can use your fingers or a small spoon. Check all the little hidden pockets. They will store for several days when put into a sealed container. I like to use glass jars.

KEYWORDS

mango & pomegranate salsa, colorful salsa, holiday salsa, how to remove pomegranate seeds