



# Strawberry-Basil Salsa

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 8 servings | Serving Size: ~½ cup

## Ingredients

- 2 cups diced strawberries (about 1 pound)
- 1 cup diced apple (about 1 medium apple)
- 1 cup diced pineapple (fresh or canned)
- 1 lime, juiced (about 2 tablespoons)
- 1 tablespoon thinly sliced fresh basil
- ¼ teaspoon salt (optional)
- Pinch ground black pepper (optional)

## Directions

1. In a large bowl, combine the strawberries, apples, and pineapple.
2. Add the lime juice, basil, salt (if using), and black pepper (if using).
3. Toss to combine.
4. Serve immediately, or chill until ready to use.

## Recipe Notes

- Serve with tortilla chips (homemade or store-bought) or as a topping for grilled fish or chicken.
- To add a little heat, stir in half of a seeded and minced jalapeño or serrano pepper.
- Substitute your favorite fruit combinations as desired.

Nutrition Facts Per Serving: Calories: 40 | Total Fat: 0 g | Saturated Fat: 0 g  
Sodium: 75 mg | Total Carbohydrate: 10 g | Dietary Fiber: 2 g | Protein: 0.5 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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