Pineapple Black Bean Salsa

Ingredients

- 1 can pineapple tidbits, drained
- 1 can black beans, drained and rinsed
- 1/4 cup red onion, finely chopped
- 1 jalapeno, deseeded and finely chopped
- 1/2 lime, juiced
- (Optional) 1/2 cup fresh cilantro, chopped OR 1 tsp dried cilantro
- Salt and pepper, to taste

How to Make It

In a large bowl, add all ingredients and mix well to combine.

Serving ideas:
- Scoop up with tortilla chips for a healthy snack.
- Add as a flavorful sauce over baked chicken, fish or tofu.
- Serve over rice for a filling meal.

Storage: Keep leftovers in an air-tight container in the refrigerator for up to 5 days.

Recipe Notes: Try pinto beans or black-eyed peas in place of the black beans. Alter the amount of jalapeno used to meet your taste preference--use half or less if you don't like a lot of heat.

For more healthy recipe ideas, visit wellness.sfsu.edu/nutrition