

Citrus Salsa

Ingredients for Life

This salsa is easy and quick and goes great on fish tacos, grilled fish, or with beans and rice. The daikon or jicama gives it a great crunch but is optional. Add various fresh herbs for bolder flavor.

Serves 6

Serving size: 3/4 cup

Prep time: 20 minutes

Cook time: 0 minutes

Total time: 20 minutes

Ingredients

- 4 navel oranges, peeling and white removed, chopped
- 1/2 cup cucumber, chopped
- 2 teaspoons jalapeno, diced
- 1 Tablespoon fresh ginger, grated
- Juice from 1 lime
- 1/2 cup daikon or jicama, diced (optional)
- 1 Tablespoon brown sugar (to taste—optional)
- Fresh mint, cilantro, or parsley, finely chopped (to taste—optional)



Directions

1. Combine all ingredients in a large bowl and refrigerate.

Nutrition Facts

Serves 6

Serving size 3/4 cup (120g)

Amount per serving

Calories 55

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 10g	
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.5mg	1%
Potassium 210mg	6%
Phosphorus 18mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.