

Pomegranate Salsa

This Pomegranate Salsa recipe makes a healthy, no-fuss appetizer recipe for the holidays or any type of gathering.

Makes: 3 cups
Prep Time: 15 minutes

Source: hannahmageerd.com



Small Changes,
BIG Difference!

Ingredients

- 8 oz. pomegranate seeds, seeds from approx. 1 large pomegranate
- 1/3 large cucumber, diced
- 1/2 medium green pepper, diced
- 1 small jalapeno, seeded and diced
- 1/4 cup fresh cilantro, chopped
- 3 sprigs mint leaves, chopped
- 1 tbsp. olive oil
- 1 small lime, juice of
- 1 pinch salt
- Whole grain crackers or tortilla chips, for serving

Directions

1. In a bowl, gently mix together the pomegranate seeds, diced cucumber, diced green pepper, diced jalapeno pepper, and chopped cilantro and mint.
2. Drizzle the mixture with olive oil, add the juice of 1 lime and a pinch of salt, then stir again until everything is well-combined.
3. Store in the fridge until serving OR serve immediately with your choice of whole grain crackers or tortilla chips. Enjoy!



Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	189
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	57 mg
Total Carbohydrates:	34 g
Dietary Fiber:	12 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	14 g

Utensils Needed

- Knife
- Cutting board
- Bowl
- Spatula or spoon
- Measuring cups and spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$12.67

Average cost/serving: \$2.11

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 1 to Cart
Pomegranate



Add 1 to Cart
Fresh Cilantro



Add 1 to Cart
Green Bell Pepper



Add 1 to Cart
Fresh Mint, 1 Bunch



Add 1 to Cart
Jalapeno Pepper



Add 1 to Cart
100% Lime Juice 15 Fl. oz.



Add 1 to Cart
Cucumber

SAVE TIME, SAVE MONEY

Serving & Storage Tips

- Serve immediately. Refrigerate any leftovers within 2 hours.

Cooking Tips

- Try adding other ingredients like avocado, onion, parsley, or basil.

My Cooking Notes

