

Pineapple Salsa Bowl



Ingredients:

one whole pineapple (use as the serving bowl)
one cup pineapple, diced
one cup roma tomatoes, diced
1/3 cup cilantro, chopped
1/4 cup red onion, minced
two limes, juiced (for 4 tablespoons juice)
1/4 teaspoon black pepper
1/8 teaspoon salt
one tablespoon jalapeño pepper, diced (optional)
one cup bell pepper, diced (optional)

Preparation Instructions:

Start by making the pineapple bowl by cutting about 1/3 of the pineapple off, leaving the stem attached to the larger piece of the pineapple. Make a cut around the outer edge of the pineapple and make cuts across the middle too. Use a metal spoon to loosen and scrape out the pineapple meat. Reserve the juice for another use.

Dice enough of the removed pineapple to make one cup of diced pineapple to be used for the salsa. Reserve the rest for another use. Mix the cup of pineapple with the prepared tomatoes, onions, cilantro, lime juice, salt and pepper.

If using, add the jalapeño and or bell pepper and mix together. Transfer the salsa to the pineapple bowl for serving. Store in the refrigerator.

