Pico de Gallo Fruit Salad

Nutrition information per serving:

Calories
90

Carbohydrate
23 g

Dietary Fiber
4 g

Protein
1 g

Total Fat
0 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
10 mg

Mango and Black Bean Salad

Nutrition information per serving:

Calories
120

Carbohydrate
25 g

Dietary Fiber
7 g

Protein
5 g

Total Fat
1 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
210 mg

Pico de Gallo Fruit Salad

A fresh and easy-to-make salad for any occasion.

Makes 4 servings. *1¼ cups per serving.* | **Prep time:** 15 minutes

- **1 cup peeled and chopped fresh mango**
- **1 cup chopped fresh watermelon**
- **1 cup chopped fresh pineapple or canned pineapple in 100% juice**
- **1 cup peeled and chopped fresh papaya**
- **1 cup peeled and chopped jicama**
- **Juice from 1 lime**
- **1 teaspoon chili powder**

1. Mix together all the fruit in a medium bowl and sprinkle with lime juice and chili powder.
2. Serve immediately.

tip: To serve this "Baja style" like the picture, cut fruit into large spears. Stand up spears in 4 cups and sprinkle with lime juice and chili powder.