

KICKIN' KIWIFRUIT SALSA



INGREDIENTS:

- 8 kiwifruit, peeled and chopped
- 2 Tablespoons cilantro, finely chopped
- 1 jalapeno pepper, seeded and minced
- Juice of a ½ lime
- 3 Tablespoons red onion, finely chopped

INSTRUCTIONS:

1. Use a knife to peel the kiwifruit. You can also insert a spoon between the peel and the flesh to scoop the peel away. Chop into small pieces and place in a medium size bowl.
2. Place the rest of the ingredients into the bowl and gently mix.
3. Serve with chips and enjoy!

Harvest
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Month™

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HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

Yield: 20 tastings

Source: Adapted from the Cult Kitchen

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