



**Food H & P:**

3 large red tomatoes

½ pineapple

½ cup of green bell better

½ cup of yellow onion

½- whole seeded jalapeno (depending on your spicy preference)

2 Tablespoons of cilantro

The juice of 2 limes

Salt and Pepper to taste

**Food Rx:**

Finely dice everything to roughly the same size, squeeze in lime juice then mix and enjoy! Refrigerate salsa when not consuming!