Crunchy Apple Salsa

Makes 4 servings

Recipe courtesy of:
www.usapple.org

Ingredients

- *2 cups of apples-halved, cored and chopped*
- *¾ - 1 cup of chiili peppers - seeded and chopped*
- *½ cup of onions - chopped*
- *¼ cup of lime juice*
- *To taste: salt and pepper*

Directions

- *Combine salsa ingredients and mix well; allow flavours to blend about 1/2 hour.*
- *Serve*

Nutrients (approximately)

47 Calories per serving,
Fat 0.3g, Cholesterol 0mg, Sodium 586.86mg,
Carbohydrates 11.7g, Fiber 2.7g, Sugars 7.2, Protein 0.9g

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