



BLUEBERRY LIME SALSA

RECIPE MAKES 10 SERVINGS
SERVING SIZE = 1/3 cup

NUTRITION INFORMATION

Calories: 25
Total Fat: 1 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 1.3 mg
Total Carbohydrate: 4.3 g
Fiber: 10.4 g
Sugars: 21 g
Protein: 3.7 g

Marion County Public Health Department

NUTRITION SERVICES



BLUEBERRY LIME SALSA

This refreshing recipe bursting with a balance of sweet and zesty will be a great addition to your summer salsa rotation and it is quick to make!

INGREDIENTS

1 cup fresh blueberries
5 medium strawberries
¼ large red onion
1/3 cup fresh cilantro
½ avocado, chopped
1 tsp. lime zest
Juice of two limes
Salt and pepper to taste

DIRECTIONS

Combine blueberries, strawberries, onion, lime zest, juice, and cilantro in a food processor or blender and pulse, about 5-6 times.

Taste and season with salt and pepper if desired.

Pour salsa into a bowl and fold in chopped avocado.

Serve with pita or corn chips, can also be served on top of chicken or fish.

RECIPE NOTES

Berry Berry Good! Berries are packed with antioxidants which offer numerous health benefits. Their sweet taste and vibrant colors also make them a great addition to any recipe. Blueberries are rich in vitamins C and K. These vitamins help support our immune system and bone health. Adding berries to recipes enhances the flavor and adds a variety of nutrients!

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.