

Recipe

Pomegranate salsa

Spoon on top of plain grilled fish or chicken to turn a standard meal into something special.

Makes 4 servings | Prep: 5 minutes



Ingredients

- 1 cup pomegranate arils (seeds)
- 1/3 cup finely chopped cucumber
- 2 Tbsp finely chopped onion
- 2 Tbsp chopped fresh cilantro
- 3 tsp lime juice

Preparation

Toss all ingredients together in a bowl. Chill in refrigerator for at least 30 minutes before serving.

Nutrition information per serving | Serving size: Approximately 1/3 cup



Calories: 33 | Total fat: 1 g | Saturated fat: 0 g | Sodium: 1 mg | Cholesterol: 0 mg | Total carbs: 7 g | Fiber: 2 g
Sugars: 5 g | Protein: 1 g | Potassium: 105 mg

Teladoc[™]
HEALTH