

# Roasted Fruit Salsa

**HENRY  
FORD  
HEALTH**<sup>SM</sup>

in partnership with

**Kroger**<sup>®</sup>  
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Yield: 6 servings



## Ingredients:

1 mango  
3 rings canned pineapple  
1 medium red bell pepper, seeded  
and cut in half  
1/2 cup red onion, cut in large  
chunks  
1/4 Tablespoon canola oil  
Juice of 1 lime  
1/4 cup minced fresh cilantro  
1 teaspoon ground paprika  
1/4 teaspoon salt

## Directions:

1. Preheat broiler with rack in top position. Cut mango into two halves to remove pit.
2. Score the flesh of each mango half in a cross-hatch pattern, leaving the skin intact.
3. Arrange pineapple slices, mango (with flesh side up), pepper (with skin facing up), and onion on a baking pan.
4. Using a kitchen brush, lightly coat vegetables with oil. Broil until slightly charred, about 10 minutes.
5. Remove mango, pineapple and onion from baking sheet and set aside. Return pepper to oven and broil until completely charred, an additional 5-10 minutes.
6. Place pepper in a small bowl and cover with plastic wrap, to allow the skin to loosen. Dice mango, pineapple, and onion and place in a medium-size bowl.
7. Once pepper is cool enough to handle, remove skin, dice, and add to the mango mixture. Add lime juice, cilantro, paprika and salt and stir to combine. Serve at room temperature or chill until cold.

## Nutritional information per serving:

Calories: 55  
Fat: 1.5 grams  
Saturated fat: 0 grams

Cholesterol: 0 mg  
Sodium: 99 mg  
Carbohydrates: 6 grams

Fiber: 1 grams  
Protein: 0 grams

Food exchanges:  
1/2 fruit  
1/2 fat

For a demo of this recipe, and for more wellness information, visit [HenryFord.com/recipes](http://HenryFord.com/recipes)