

Pineapple Salsa

Fresh pineapple salsa with red onion, cilantro, and lime. Perfect with grilled meats, seafood, or tortilla chips.

Ready in 20 minutes!

20 min

PREP

20 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Ingredients

- 3 cup pineapple
- 1 cup bell pepper
- 1 tbsp jalapeno pepper
- 4 tbsp fresh lemon juice
- 1 cup red onion
- 1 cup cilantro (coriander)
- 1 tsp sea salt
- 1 tsp black pepper

Instructions

- 1 Prepare the pineapple**

Remove the skin and core from the fresh pineapple using a sharp knife. Cut the pineapple flesh into small $\frac{1}{4}$ -inch dice pieces until you have 3 cups total.
- 2 Prepare the vegetables**

Finely dice 1 cup of red onion into pieces slightly smaller than the pineapple. Remove thick stems from the cilantro and roughly chop the leaves until you have 1 cup.
- 3 Extract the lime juice**

Roll the lime firmly on the counter while pressing down to break the internal membranes. Cut in half and squeeze to extract 4 tablespoons of fresh lime juice.
- 4 Combine the salsa**

Add the 3 cups diced pineapple, 1 cup diced red onion, 1 cup chopped cilantro, and 4 tablespoons lime juice

to a large mixing bowl. Gently toss until evenly combined.

- 5 Season with 1 teaspoon salt and 1 teaspoon black pepper. Mix thoroughly to distribute the seasonings.
- 6 Let the salsa rest at room temperature for 15-30 minutes to allow the flavors to meld and the pineapple juices to combine with the lime juice.
- 7 Taste and adjust seasoning with additional salt, pepper, or lime juice as needed. Serve immediately or refrigerate for up to 3 days.

Tips

Use the freshest ingredients possible for the best flavor and texture. Fresh pineapple, recently squeezed lime juice, and crisp red onion make all the difference.

Cut all ingredients into uniform, small dice (about ¼-inch pieces) to ensure even distribution of flavors and an appealing texture.

Let the salsa rest for at least 15-30 minutes before serving to allow the flavors to meld together, but don't let it sit too long as the ingredients will release excess moisture.

To get more juice from your lime, roll it on the counter while pressing down, or microwave it for 15-20 seconds before juicing.

If you want to add jalapeños for heat, remove the seeds and membranes for a milder kick, or leave them in for more spice. Always wash your hands thoroughly after handling peppers.

Taste and adjust seasonings just before serving, as the salt and lime juice may need refreshing after the salsa has been sitting.

For a more complex flavor, try adding a small amount of minced garlic or a pinch of ground cumin to the mix.

If serving at a party, place the salsa bowl on ice to keep it fresh and prevent the ingredients from becoming too soft.