

# Pineapple Salsa



## Ingredients

- 2 Tablespoons (30 ml) olive oil
- 1/2 pineapple, peeled, cut into large pieces
- 1/2 small onion, peeled
- 1/2 small red pepper, chopped
- 2 Tablespoons (5 g) fresh chopped cilantro leaves
- 1/2 lime, peeled
- 1/2 teaspoon salt
- 1/4 jalapeño pepper

## Directions

1. Place all ingredients into the blender container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 4.
4. Blend for 15–20 seconds, using the tamper to press the ingredients into the blades.
5. Remove seeds and membrane of the jalapeño for a milder salsa. You may also substitute fresh mint for fresh cilantro.

Source: [www.vitamix.com](http://www.vitamix.com)