

Cherry Salsa

This salsa is a refreshing change from the traditional spicy salsas. With the sweetness and tart flavor of the cherries This combination of sweet and spicy flavors is sure to get your attention. This spicy mixture wows traditional salsa lovers.

You can use this salsa with chips and serve it as an appetizer or eat it for a snack. Make it to go with your main course and and spoon it over your chicken or pork meal.

Recipe Type: Appetizer, Side Dish

Ingredients

- 1 ⅓ cups frozen unsweetened tart cherries
- ¼ cup coarsely chopped dried tart cherries
- ¼ cup finely chopped red onion
- 1 Tbs chopped fresh or canned jalapeno peppers, or to taste
- 1 clove garlic, finely chopped
- 1 Tbs chopped fresh cilantro
- 1 tsp cornstarch



Directions

- 1 Coarsely chop frozen tart cherries.
- 2 Let cherries thaw and drain reserving 1 tbsp of the juice.
- 3 When cherries are thawed, put drained cherries, dried cherries, onions, jalapenos, garlic and cilantro into medium sized saucepan and mix well.
- 4 Combine reserved cherry juice and cornstarch into a small container.
- 5 Mix until smooth and then stir into the cherry mixture.
- 6 Cook over medium to medium-high heat stirring constantly until mixture thickens.
- 7 Let cool and serve with tortilla chips or over pork or chicken meal.

Nutrition Facts

Nutrition (per serving): 62 calories, <1g total fat, <1g saturated fat, 0mg cholesterol, 2.9mg sodium, 15g carbohydrates, 1.6g fiber, 4.7g sugar, <1g protein.

Servings: 4

Yield: 1 cup

Weight Watchers Points

Note: The Weight Watchers points do not include the frozen cherries. It does include the dried cherries.

Orig. WW Pts: 1

Points Plus: 1

Smart Points: 1

FreeStyle Smart Points: 1

Source: Cherry Marketing Institute

Web Page: www.cherrymkt.org