



## Blueberry Salsa SERVES: 6

- 2 cups fresh blueberries
- 2 Tbsp. orange juice
- ½ small red onion, diced
- 1 Tbsp. balsamic vinegar
- ¼ cup fresh cilantro, minced
- 1 tsp. olive oil
- 1 jalapeño pepper, seeded and minced (optional)
- Salt and pepper

In a small bowl, coarsely mash the blueberries. Stir in the onion, cilantro, pepper, orange juice, vinegar, and oil. Season to taste with salt and pepper. Cover and chill until serving.

**NUTRITION INFORMATION:** 46 calories, 1 g protein, 10 g carbohydrate, 1 g fat, 99 mg sodium, 1 g fiber



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