



KIDNEY-FRIENDLY & HEART-HEALTHY

Strawberry Jalapeno Salsa

Makes 4 servings



DIRECTIONS

In a large bowl add strawberries, mango, jalapeno pepper and red onion.

Squeeze 1 lime for juice, add cilantro and black pepper.

Mix well to combine.

Serve with yellow corn tortilla chips.

Enjoy!

INGREDIENTS

1 cup strawberries, finely chopped

1 cup mango, finely chopped

1 jalapeno pepper, minced

¼ cup red onion, finely diced

¼ cup fresh cilantro, finely chopped

1 lime, juiced

Black pepper to taste

Nutrition Facts Per Serving

(1/3 cup
salsa + 1 oz
yellow corn
tortilla
chips)

Calories
Carbohydrates
Protein
Total Fat
Phosphorus
Potassium
Sodium

196
34 g
3 g
6 g
79 mg
281 mg
112 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.

SAVOR *the*
 **SUMMER**