

Strawberry Beet Salsa

Adapted from: Dietitians of Canada "Cook Great Food" 2001

Serving size: 1/4 cup

Ingredients:

- 1 cup Fresh (or frozen) whole strawberries
- 1 Medium apple, diced into 1/2 inch pieces
- 2 tbsp Honey
- 1 ½ Large beets, diced into 1/2 inch pieces

Directions:

1. Spread strawberries over a large sheet pan to thaw for approximately 30 minutes (if using frozen strawberries).
2. In a large bowl, mash the strawberries with a potato masher. Add diced apple, beets and honey. Stir to blend well.
3. In small sauce pan, bring to a boil. Simmer for 10 minutes on low heat.
4. Serve warm or chilled.

