

**Fiesta Salsa**

1	cup	diced papaya	250	mL
½	cup	frozen or fresh kernel corn	125	mL
1		Roma tomato, diced	1	
2	tbsp.	finely diced sweet onion	25	mL
1		jalapeno pepper, minced	1	
1		clove garlic, minced	1	
2	tbsp.	fresh lime juice	25	mL
1	tsp.	grated lime peel	5	mL
3	tbsp.	ground flaxseed	45	mL
2	tbsp.	chopped cilantro	25	mL
2	tsp.	whole flaxseed	10	mL

- In a medium bowl, toss together papaya, corn, tomato, onion, jalapeno, garlic, lime juice and peel. Cover and refrigerate two hours.
- Just before serving, stir in ground flaxseed, cilantro and whole flaxseed.

Yield: 2 cups (500 mL)

Serving Size: 1/3 cup (75 mL)

**Single Serving Nutrient Values**

Calories	46.15	
Protein	1.72	g
Carbohydrate	7.39	g
Fiber	2.41	g
Fat	2.15	g
Saturated	.86	g
Monounsaturated	.58	g
Polyunsaturated	.63	g
Cholesterol	0	mg
Folate	12.30	mcg
Potassium	133.78	mg
Sodium	11.32	mg