

Side | Snack

Fruity Salsa

Side Effect: Altered Taste

15 Mins
Prep Time

0 Mins
Cook Time

4
Servings

 **98 Calories** **0g Fat** **24g Carbs** **2g Protein**

Ingredients

 **4 Servings**  **15 Mins Total Time**  **Allergens: Gluten**

1 Cup Finely Chopped Strawberries, **wash before cutting** 

1 Medium Orange, peeled, **washed**, and finely chopped 

1 Cup Crushed Pineapple in 100% Fruit Juice 

1 Tbsp Lemon Juice, **wash lemon before juicing**

Cinnamon Chips or Cinnamon-Flavored Crackers, for serving
(Nutrition information does not include cinnamon chips).

Allergen Swap

Gluten The cinnamon crackers or cinnamon chips may contain gluten. Replace with a gluten-free version.



Nourishment Note



Strawberries

Fruits, like strawberries, are generally more accepted in patients experiencing taste challenges. Strawberries also contain high amounts of vitamin C to help protect the immune system.



Oranges & Pineapples

Fruits that are orange or yellow in color can help to decrease inflammation in the body and help protect the body from heart disease.



Fruit Salsa

Use this recipe to top baked chicken or fish to add flavor if foods have little or no taste.



Cold, Uncooked Foods

Cold foods that aren't cooked, such as fruit salsa, smoothies, yogurt and fruit, are typically well-tolerated in patients experiencing altered taste.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Ingredients

To a medium-sized mixing bowl, combine all ingredients. Mix to combine.

3. Serve

Serve with cinnamon chips or cinnamon-flavored crackers.

4. Refrigerate

Refrigerate salsa within 2 hours of preparing. Salsa will keep in the refrigerator for up to 3 days.

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [Taste of Home](#)

What You'll Need



Cutting Board



Knife



Can Opener



Medium Mixing Bowl



Spoon

Fatigue Buster

- Ask a friend or family to help prepare this fruity dish.
- Use pre-chopped strawberries to reduce the preparation time of this recipe. Be sure to wash before using.