

Apple & Plum Salsa



Total:

30 - 40 minutes

Makes:

4 - 6 servings

Utensil:

1 ½ Qt./1.4 L Sauce Pan with Cover

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Recipe:

Contributed By:

Chef John

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Recipe Description:

A zesty and colorful recipe with crisp apples and firm plums. Add some healthy high fiber fresh fruit to your diet with this great twist on a traditional salsa. Tastes great served warm with the [Turkey Patties](#).

2 gala apples, cored and medium diced, divided
4 red firm and ripe plums, pitted and medium diced, divided
½ red sweet pepper, medium diced
3 small shallots, finely diced
¼ cup
brown sugar

(55
g)

1 cup
unsweetened apple juice
(240
mL)

1½ teaspoons
cinnamon, or 1 cinnamon stick

(7.5
mL)

1 tablespoon
balsamic vinegar
(15
mL)

Directions:

1. In sauce pan on medium heat, add shallots, ½ of apples, ½ of plums and peppers. Sauté until moisture begins to gather from the mixture and it is well blended, approximately 5 - 6 minutes.
2. Add brown sugar, apple juice, cinnamon and balsamic

- vinegar. Cover and reduce heat to medium-low. Cook for 8 - 10 minutes.
3. Remove from heat and gently fold in the remaining apples and plums.
 4. Let cool or serve warm with the Turkey Patties or other poultry dishes.

Tips:

- Use your imagination with this recipe and introduce other fruits and vegetables in season. Creating and personalizing your own salsa can be great fun!

Nutritional Information per

▼ Serving

Calories: 105
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 6mg
Total 26g
Carbs:
Dietary Fiber: 2g
Sugar: 23g
Protein: 1g