

Beet Salsa

1 cup diced beets
1/2 cup diced pineapple
2 tsp chopped ginger
1 tsp sugar
1 tbsp lime juice
1 tbsp parsley

Mix all ingredients . Use to enhance any meal.

Per recipe: 51 mg phe, 121 calories
Per serving: 2 mg phe, 5 calories

Recipe from Evelyn Grower

