

Produce Month

HOPPER IP

- Strawberries should be dry, firm, well-shaped, and eaten within a week after purchase.
- It's best to buy berries while they're 'in-season'; they'll cost less and are more ripe and flavorful than when they're 'out-of-season'

around campus!

Tuesday,
February 7
1-3 PM
Bill Market

Wednesday,
February 15
10 AM - 12 PM
Campus Recreation

Champion's Choice, Fresh Food Co, and Juniper Dining will be featuring a healthy recipe with the Produce of the Month!

USF UNIVERSITY OF SOUTH FLORIDA

CL | L | L-BL & L-L



INGREDIENTS:

- 3/4 cup diced strawberries
- 3/4 cup diced mango
- 1 jalapeno, seeded and minced
- 2 Tbsp diced red onion
- 2 Tbsp chopped fresh cilantro
- 2 tsp honey
- Juice of a lime

DIRECTIONS:

1. In a large bowl, combine all ingredients. Done!
2. Enjoy with a few whole grain crackers or chips.

Nutrition Facts Strawberry Mango Salsa

Servings: 4, Calories: 46, Fat: 0.2g, Sodium: 0g, Total Carbohydrate: 0mg, Protein: 2mg, Total Fat: 125mg, Cholesterol: 12g, Dietary Fiber: 1.8g, Sugar: 8.8g, Potassium: 0.6g