

## February's Recipe- Pineapple Papaya Salsa

### Ingredients

- 3 Medium Tomatoes
- 1 Fresh Pineapple, approx. 2lb.
- 1 Fresh Papaya, approx. 1lb
- 5 Green Onions, sliced
- 1 Bunch Fresh Cilantro, chopped
- Jalapenos, seeded, minced
- 3Tbsp. Lemon Juice
- 1 tsp. Garlic, chopped
- 2 tsp. salt

### Preparation

Core and diced the tomatoes

Peel and diced the pineapple

Peel, seed and dice the papaya

Combine all ingredients and chill well

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## February's exercise tip



February is National Heart Month. Get started by setting measureable goals, and be specific. For example, "I want to feel better" is too vague. Better: "I plan to walk five days this week, increasing each walk by one block." That tells you what to do every day to start feeling