

Smoked Oysters & Pineapple Mango Salsa

This recipe is summer in a bowl: colourful, refreshing & light!

Serves 4 (1½ cups each) Prep time 15 min / Total time 25 min

INGREDIENTS

- 1 can (85 g) Gold Seal® Whole Smoked Oysters, drained
- 2 cups finely diced pineapple
- 2 cups finely diced mango
- ½ cup finely diced red pepper
- 1 tsp chopped cilantro
- freshly cracked pepper, to taste
- juice of ½ lemon
- 4 leaves of endive

COOKING INSTRUCTIONS

1. In a large mixing bowl, mix pineapple, mango, red pepper and cilantro.
2. Season with pepper and lemon.
3. Add smoked oysters and mix well.
4. Spoon even amounts into the endive leaves placed on a chilled appetizer platter.

Ingredient of the day: Oysters

There are hundreds of species of oysters around the world. True (*edible*) oysters are incapable of making gem-quality pearls. Water quality, temperature, mineral content and salinity all vary from one oyster bed to the next, creating subtle differences in taste. Gold Seal® canned Whole Smoked Oysters are hand-packed and naturally smoked with oak wood.

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- If you don't like cilantro use fresh basil or fresh parsley.
- You can add a small jalapeño pepper for some extra heat.

NUTRITIONAL VALUES / SERVING:

Calories 140	Fiber 3 g
Fat 3 g	Cholesterol 12 mg
Sat Fat 1 g	Sodium 82 mg
Carbs 28 g	Sugar 20 mg
Protein 5 g	Calcium 41 mg