

Make Meals Landfill Free

Pineapple Mango Salsa (Two Ways, No Waste)

Prep Time: 15 minutes Total Time: 20 minutes Yield: 8 - 10 servings

The Goods



1 ripe pineapple,
peeled and cored



2 ripe mangoes,
peeled and chopped



1 small red onion, chopped



1 bunch cilantro, chopped



1 small jalapeño,
seeded and chopped



1 teaspoon cumin seed



1/2 can of black beans,
drained



Salt, to taste

The Make-It-Landfill-Free Steps



1 While prepping ingredients, toss scraps into the sink.



2 Chop two thirds of the pineapple into small pieces.



3 Pulse the other third of the pineapple in a food processor until it's almost liquid. Pour all in a large bowl.



4 Stir mangoes, jalapeño, onion and cilantro into the pineapple mixture. Add the cumin seed.



5 Stir thoroughly, and divide the mixture in half.



6 Add half a can of drained black beans to one half and stir. Add salt to taste.



Grind those scraps!

- Turn on the cold water. Then start your InSinkErator disposal.
- Gradually feed in the food scraps.
- Once you hear the disposal change sound, turn off your InSinkErator disposal and let the faucet run for a few seconds before turning off.

Pineapple skin, core and tops are no match for your InSinkErator!

Just cut them into small enough pieces to fit down the drain and gradually add the food scraps to your disposal while the water is running.

Enjoy!



Serve both salsas side by side with your favorite tortilla chips or tightly cover and refrigerate.

The Above and Beyond

Don't trash it!

Instead of throwing out the mango seed, try a more sustainable option like composting. You can also plant the seed (and the pineapple crown) to grow new fruit plants, ensuring no food waste goes to the landfill.

