

Mango Salsa

Makes: 8 - 2 tablespoons servings

Preparation Time: 10 minutes

Ingredients

1 mango, peeled, pitted, and diced (or 1 cup thawed frozen chunks)

1 tablespoon diced red onion

1 tablespoon chopped fresh or dried cilantro (optional)

¼ teaspoon salt

Juice of 1 lime or 2 tablespoons bottled lime juice

Directions

1. Combine all ingredients in a bowl.
2. Serve with baked tortilla chips.

Be creative!

Serve as a garnish for chicken or fish.

Eat smart: focus on fruit!



Nutrition Facts

Serving Size 2 Tbsp (33g)
 Servings Per Container 8

Amount Per Serving

Calories 20 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Sugars 4g

Protein 0g

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