

Ingredients:

Mango Salsa
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- 1 fresh mango
- 1/2 small red onion, chopped
- 1 tablespoon fresh cilantro, chopped
- 1/4 teaspoon salt
- 1 tablespoon fresh lime juice

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing"
2. Cut the mango in half around the large pit. Remove pit.
3. Use a knife to cut a criss-cross pattern through the fruit, but not the skin.
4. Press the skin so the cubes pop out. Cut mango cubes off the skin.
5. Chop mango cubes into smaller pieces.
6. Place in a medium bowl and stir in onion, cilantro, salt and lime juice.
7. Serve with baked tortilla chips, baked chicken or fish.

Nutrition Facts (Per Serving)

Calories 40; Carbohydrate 10 g; Protein 0 g; Total Fat 0 g; Saturated Fat 0 g; Trans Fat 0 g; Cholesterol 0 mg; Fiber 1 g; Total Sugars 8 g; Sodium 150 mg; Calcium 9 mg; Folate 10 mcg; Iron 0.10 mg; Percent Calories from Fat 0%.

Makes 4 servings (1/2 cup per serving). Recipe provided by Nutrition.gov

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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