

Mango Salsa

Serves 6, ½ cup per serving

Ingredients

2 large ripe mangos
 1 small cucumber
 2 medium green onions
 1 medium jalapeño pepper
 2 medium limes
 ½ teaspoon salt
 ⅛ teaspoon cayenne pepper

Optional Ingredients

¼ cup fresh cilantro

Directions

1. Rinse mangos, cucumber, green onions, jalapeño pepper, and limes.
2. Peel mangos. Cut mango from the pit and remove seeds from the cucumber.
3. Dice mangos and cucumber. Finely chop green onions and place all three in a small bowl.
4. Remove seeds from jalapeño, dice pepper and add to mixture.
5. Cut limes in half and squeeze juice into mixing bowl.
6. Add salt and cayenne pepper. If using, rinse and chop cilantro and then add to salsa.
7. Mix well, cover, and refrigerate for at least one hour before serving.



Chef's Notes

- Mangoes usually feel a little softer and tend to turn more orange or red in color, instead of green, when they are ripe.
- Be careful when handling the jalapeño pepper — be sure not to touch your eyes and make sure you wash your hands thoroughly after touching the raw pepper — or it will burn.
- Try serving mango salsa as a dip with tortilla chips, as a topping for fresh fish or pork, or as a topping for black bean soup or tacos.

Nutrition Facts

Serving Size 1/2 cup (142g)
 Servings per Recipe 6

Amount Per Serving

Calories 60 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **8%**

Sugars 12g

Protein 1g

Vitamin A 15% • Vitamin C 45%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.