



Mango Salsa



Start to finish time: 25 minutes

Number of servings: 6

Nutrition Facts	
Serving size	½ cup
Amount per serving	
Calories	76
	% Daily Value*
Total Fat 0.5g	1 %
Saturated Fat 0.1g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 196mg	9 %
Total Carbohydrate 19g	7 %
Dietary Fiber 2.2	8 %
Total Sugars 16g	
Includes 0g Added Sugar	0 %
Protein 1.2g	
Vitamin D 0mcg	0 %
Calcium 21mg	2 %
Iron 0.3mg	2 %
Potassium 254mg	5 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS:

- 2 large ripe mangos (diced)
- 1 small cucumber (diced)
- 2 medium green onions (fine chop)
- 1 medium jalapeno pepper (diced small)
- Juice of 2 medium limes
- ½ teaspoon salt
- Cayenne pepper to taste

Optional:

- 1 medium bell pepper (diced)
- ¼ cup cilantro (roughly chopped)

DIRECTIONS:

1. Gather and prepare ingredients.
2. Add all the ingredients to a large bowl.
3. Mix well. For the best flavor, cover and refrigerate for at least one hour before serving.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



Step 2

Add all the ingredients to a large bowl.



Step 3

Mix well. For the best flavor, cover and refrigerate for at least one hour before serving.

SUBSTITUTIONS:

- Pineapple, oranges, or any other fruit can be used in place of the mango.
- Any color of bell pepper will work, choose based on your preference!

MSU EXTENSION NOTES:

- Enjoy with a side of whole wheat tortilla chips or pair with rice and baked salmon.

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