

Mango Salsa

Serves 8

Theresa Dvorak

Ingredients

- 2 Mangos
- ¼ cup red bell pepper, finely chopped
- ½ red onion, finely chopped
- 3 Tbsp cilantro, chopped
- 1 jalapeno pepper, finely chopped (optional)
- 1 large lime, juiced
- Salt to taste



Instructions:

1. In a medium bowl combine all ingredients, season with salt to taste. Let stand approximately 15 minutes, stir and serve.

Nutrition Facts

Serving size: 1/4 cup · Calories: 43 · Total fat: 0 · Saturated fat: 0g · Unsaturated fat: 0g · Cholesterol: 0mg · Carbohydrates: 11g · Fiber: 1g · Protein: 1g · Sodium: 586mg