

Fresh Mango Salsa



**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

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Serves: 12
Prep: 15 minutes

INGREDIENTS

- 3 ripe mangos, peeled and diced
- 1 medium bell pepper, diced
- 1/2 cup red onion, diced
- 1/4 cup packed fresh cilantro or parsley leaves, minced (optional)*
- 1 jalapeño, seeded and diced*
- 1 large lime, juiced (about 1/4 cup lime juice)

DIRECTIONS

1. In a serving bowl, combine mango, bell pepper, onion, cilantro or parsley and jalapeno. Drizzle with lime juice and mix well. Season with salt.
2. For best flavor, let salsa rest for 10 minutes or longer. Serve with extra chopped cilantro or parsley if desired.

*Substitutions

1/4 cup fresh cilantro or parsley	→	4 teaspoons dried parsley
1 jalapeño	→	Hot sauce, to taste



Nutrition Information	
Serving Size: 1/12 of recipe	
Calories	55
Total fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	49 mg
Carbohydrates	14 g
Fiber	2 g
Sugars	12 g
Protein	1 g

Notes:

- For a spicier salsa, don't remove seeds from jalapeno.

Recipe source: Cookie and Kate