Fresh Mango Salsa

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

Notes:
- For a spicier salsa, don’t remove seeds from jalapeno.

Recipe source: Cookie and Kate

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

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