

Mango Papaya Salsa



**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

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Serves: 8

Prep: 15 minutes

INGREDIENTS

- 1 mango, peeled and diced
- 1 papaya, peeled and diced
- 1 red bell pepper, diced
- 1 avocado, diced
- 1/2 onion, diced
- 2 tablespoons cilantro, minced
- 1 jalapeño, diced (optional)
- 2 tablespoons balsamic vinegar*
- Salt and pepper to taste

DIRECTIONS

1. Add mango, papaya, red bell pepper, avocado, onion, cilantro, jalapeño if desired, and balsamic vinegar to a medium bowl. Gently stir to combine.
2. Season with salt and pepper to taste. Cover and chill in the refrigerator at least 30 minutes before serving. Serve alone or as a topping to chicken or fish.



Nutrition Information

Serving Size: 1/8 recipe

Calories	77
Total fat	4g
Saturated fat	0.6g
Sodium	5.3mg
Carbohydrates	11g
Fiber	3g
Sugars	7g
Protein	1g

*Substitutions

2 tablespoons balsamic vinegar → 2 tablespoons lime juice

Recipe source: [allrecipes.com](https://www.allrecipes.com)