Healthy Children, Healthy Family

Mango Salsa

Makes: 4 servings of ¼ cup each
Preparation time: 15 minutes

Ingredients:
1 mango, peeled, without seed, and diced
2 Tbsp of tomato, diced
1 Tbsp of fresh cilantro, chopped
¼ tsp of salt
1 Tbsp onion, chopped
Juice of 1 fresh lemon
Note: Substitute fresh peaches if mangoes are not available

Instructions:
Combine all ingredients in a bowl.
Serve with baked corn tortilla chips or use as a topping for chicken or fish.

My Family’s Goal: We will try our best to

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