



Try it “Tuesdays”



Mango Salsa

Makes: 8 (2 Tbsp) servings
Preparation Time: 10 Minutes
Cooking Time: 0

Nutrition Facts

Serving Size 2 Tbsp (33g)	
Servings Per Container 8	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 0g	

Ingredients

- 1 mango, peeled, pitted, and diced (or 1 cup thawed frozen mango chunks)
- 1 tablespoon diced red onion
- 1 tablespoon chopped fresh or 1 tsp dried cilantro (optional)
- 1/4 teaspoon salt
- Juice of 1 lime or 2 tablespoons bottled lime juice

Directions

Combine all ingredients in a bowl. Serve with baked tortilla chips.

Be creative! Serve with chicken or fish.

For more information, Contact your local EFNEP office

